



# FALL 2025

## Reference Group Data Report



AMERICAN  
COLLEGE  
HEALTH  
ASSOCIATION

## Demographics of Participating Institutions

Forty-three postsecondary institutions self-selected to participate in the Fall 2025 ACHA National College Health Assessment and 21,378 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 20,623 students at 42 schools. Demographic characteristics of the 42 campuses follow.

<b>Demographic Characteristics of the 42 US Postsecondary Institutions Included in the Fall 2025 ACHA-NCHA III Reference Group</b>	
<b>Campus Characteristic</b> (from 2024 Dept. of Education IPEDS data files)	<b>n</b>
Type of Institution	
Public	30
Private	12
2-year	5
4-year or above	37
Location of Campus	
Northeast (CT, ME, MA, NH, NJ, NY, PA, RI, VT)	9
Midwest (IL, IN, IA, KS, MI, MN, MO, NE, ND, OH, SD, WI)	8
South (AL, AR, DE, DC, FL, GA, KY, LA, MD, MS, NC, OK, SC, TN, TX, VA, WV)	10
West (AK, AZ, CA, CO, HI, ID, MT, NV, NM, OR, UT, WA, WY)	15
Campus Size	
< 2,500 students	7
2,500 – 4,999 students	6
5,000 – 9,999 students	7
10,000 – 19,999 students	11
20,000 students or more	11
Campus Setting	
Urban	22
Suburban	10
Town	8
Rural	2
Carnegie Classification	
Associates Colleges	6
Baccalaureate Colleges	9
Baccalaureate/Associates Colleges	0
Masters Colleges and Universities	10
Doctoral Universities	17
Special Focus Institutions	0
Miscellaneous	0

<b>Demographic Characteristics of the 42 US Postsecondary Institutions Included in the Fall 2025 ACHA-NCHA III Reference Group</b>	
<b>Campus Characteristic</b> (from 2024 Dept. of Education IPEDS data files)	<b>n</b>
ACHA Membership Status	
Institutional Member	39
Nonmember	3
Religious Affiliation	
No	37
Yes	5
Postsecondary Minority Institution (US Department of Education)	
No	37
Yes	5
*If yes:	
Historically Black College or University (HBCU)	0
Hispanic-serving Institution (HSI)	4
Tribal College or University	0
Predominately Black Institution	0
Asian American and Native American Pacific Islander-serving	
Alaska Native-serving or Native Hawaiian-serving Institution	0
Native American-serving Nontribal Institution	1
*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>Fall 2025 Institutions</b>
Number of institutions	42
Number of students	20,623
Mean response proportion	9%
Median response proportion	8%

## Notes about the use of sex and gender in this report

### RSEX variable

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.

**Beginning in Spring 2021, responses for transgender and gender-nonconforming students became readily available directly in the report documents.**

#### Important considerations with this 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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# AMERICAN COLLEGE HEALTH ASSOCIATION

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

Reference Group Data Report - Fall 2025

American College Health Association

8455 Colesville Road, Suite 740

Silver Spring, MD 20910

(410) 859-1500

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

January 29, 2026

FREQUENCY REPORT

Number of Surveys (n) = 20623 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.

## 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	1180	20	1358	11	78	5	2669	13.1
2 Very good	2421	41	4682	37	343	23	7530	36.9
3 Good	1687	28	4776	38	598	41	7187	35.3
4 Fair	572	10	1620	13	374	26	2621	12.9
5 Poor	75	1	209	2	72	5	375	1.8
Valid responses =	5935	29	12645	62	1465	7	20382	98.8

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	116	2	211	2	27	2	374	1.8
2 Disagree	138	2	255	2	53	4	464	2.3
3 Somewhat disagree	289	5	640	5	100	7	1050	5.1
4 Somewhat agree	1129	19	2567	20	409	28	4185	20.4
5 Agree	2721	45	5909	46	623	42	9383	45.7
6 Strongly agree	1618	27	3144	25	262	18	5086	24.8
Valid responses =	6011	29	12726	62	1474	7	20542	99.6

Invalid responses include no response.

## R2B) I feel that students' health and well-being are a priority of my college/university.

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Strongly disagree	110	2	218	2	47	3	404	2.0
2 Disagree	181	3	363	3	88	6	653	3.2
3 Somewhat disagree	365	6	831	7	143	10	1366	6.7
4 Somewhat agree	1598	27	3444	27	476	32	5607	27.3
5 Agree	2484	41	5437	43	552	37	8583	41.8
6 Strongly agree	1268	21	2416	19	168	11	3906	19.0
Valid responses =	6006	29	12709	62	1474	7	20519	99.5

Invalid responses include no response.

## R2C) I feel that the climate of my college/university 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	74	1	167	1	23	2	284	1.4
2 Disagree	136	2	238	2	70	5	464	2.3
3 Somewhat disagree	365	6	672	5	119	8	1178	5.7
4 Somewhat agree	1374	23	2955	23	447	30	4867	23.7
5 Agree	2697	45	5757	45	569	39	9148	44.6
6 Strongly agree	1357	23	2917	23	245	17	4571	22.3
Valid responses =	6003	29	12706	62	1473	7	20512	99.5

Invalid responses include no response.



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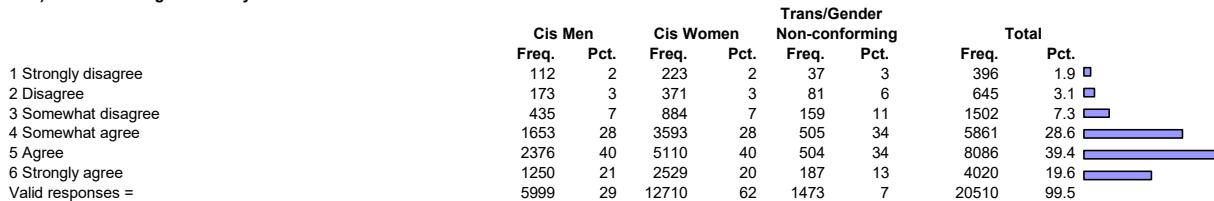
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### FREQUENCY REPORT

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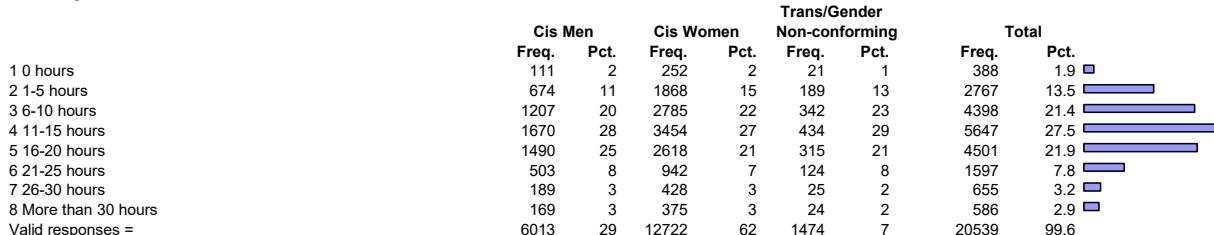
#### R2D) We are a college/university where we look out for each other.



Invalid responses include no response.

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

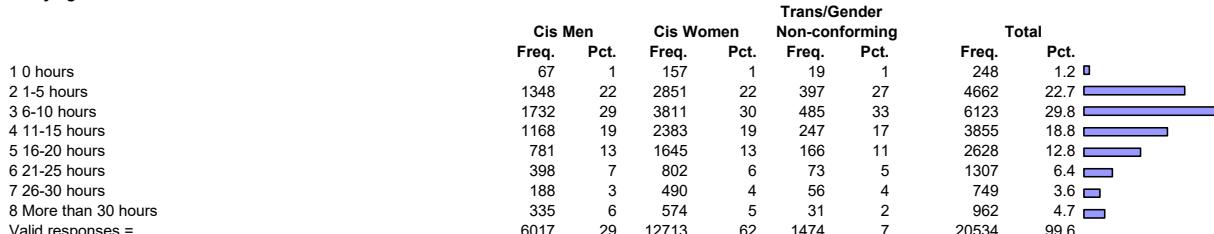
Attending classes, discussion sections, or labs



Invalid responses include no response.

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

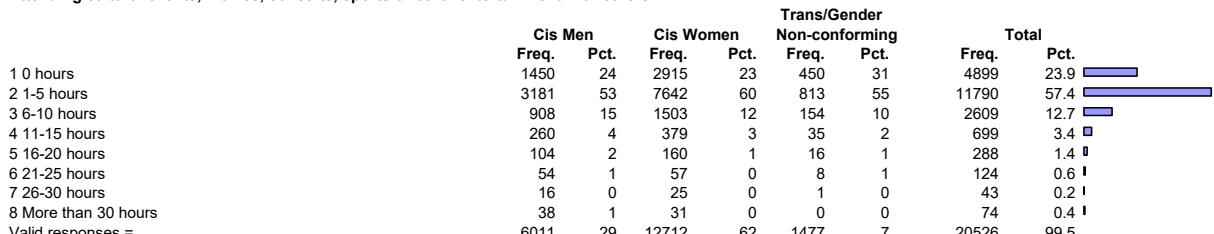
Studying and other academic activities outside of class



Invalid responses include no response.

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

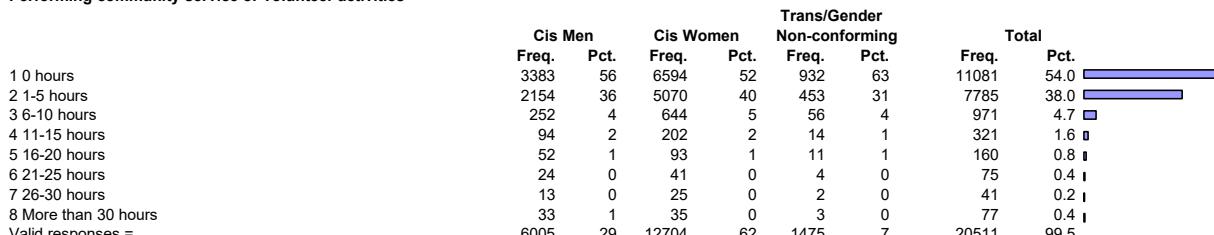
Attending cultural events, movies, concerts, sports or other entertainment with others



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



Invalid responses include no response.



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#### 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	977	16	3071	24	597	40	4737	23.1
2 1-5 hours	2480	41	6122	48	623	42	9348	45.5
3 6-10 hours	1450	24	2197	17	189	13	3883	18.9
4 11-15 hours	578	10	680	5	33	2	1321	6.4
5 16-20 hours	296	5	368	3	21	1	698	3.4
6 21-25 hours	102	2	157	1	7	1	273	1.3
7 26-30 hours	46	1	59	1	1	0	110	0.5
8 More than 30 hours	86	1	73	1	6	0	174	0.8
Valid responses =	6015	29	12727	62	1477	7	20544	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	3346	56	7675	60	1186	81	12387	60.3
2 1-5 hours	2060	34	4179	33	237	16	6575	32.0
3 6-10 hours	384	6	558	4	28	2	985	4.8
4 11-15 hours	99	2	163	1	10	1	287	1.4
5 16-20 hours	57	1	62	1	8	1	132	0.6
6 21-25 hours	23	0	33	0	0	0	60	0.3
7 26-30 hours	13	0	14	0	2	0	31	0.2
8 More than 30 hours	31	1	34	0	2	0	73	0.4
Valid responses =	6013	29	12718	62	1473	7	20530	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	2742	46	6128	48	676	46	9682	47.3
2 1-5 hours	2211	37	4961	39	596	40	7892	38.5
3 6-10 hours	656	11	1078	9	152	10	1921	9.4
4 11-15 hours	215	4	306	2	30	2	561	2.7
5 16-20 hours	87	2	110	1	11	1	216	1.1
6 21-25 hours	26	0	50	0	5	0	85	0.4
7 26-30 hours	18	0	23	0	1	0	44	0.2
8 More than 30 hours	42	1	29	0	3	0	77	0.4
Valid responses =	5997	29	12685	62	1474	7	20478	99.3

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	468	8	832	7	106	7	1432	7.0
2 1-5 hours	2290	38	5423	43	563	38	8398	40.9
3 6-10 hours	1567	26	3420	27	451	31	5524	26.9
4 11-15 hours	781	13	1503	12	200	14	2516	12.3
5 16-20 hours	422	7	725	6	68	5	1244	6.1
6 21-25 hours	174	3	321	3	27	2	530	2.6
7 26-30 hours	94	2	153	1	21	1	274	1.3
8 More than 30 hours	214	4	347	3	38	3	612	3.0
Valid responses =	6010	29	12724	62	1474	7	20530	99.5

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	3987	66	8360	66	1168	79	13735	67.0
2 1-5 hours	1481	25	3366	27	243	17	5154	25.1
3 6-10 hours	334	6	695	6	37	3	1081	5.3
4 11-15 hours	108	2	199	2	13	1	332	1.6
5 16-20 hours	39	1	51	0	6	0	98	0.5
6 21-25 hours	22	0	17	0	1	0	44	0.2
7 26-30 hours	8	0	12	0	4	0	26	0.1
8 More than 30 hours	23	0	15	0	1	0	44	0.2
Valid responses =	6002	29	12715	62	1473	7	20514	99.5

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	2208	37	4009	32	586	40	6915	33.7
2 1-5 hours	2002	33	4483	35	518	35	7102	34.6
3 6-10 hours	730	12	1605	13	150	10	2534	12.4
4 11-15 hours	347	6	793	6	79	5	1238	6.0
5 16-20 hours	195	3	474	4	44	3	724	3.5
6 21-25 hours	124	2	255	2	26	2	410	2.0
7 26-30 hours	67	1	188	2	24	2	285	1.4
8 More than 30 hours	327	6	897	7	46	3	1290	6.3
Valid responses =	6000	29	12704	62	1473	7	20498	99.4

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	513	9	866	7	111	8	1523	7.4
2 1-5 hours	2390	40	5635	44	527	36	8672	42.2
3 6-10 hours	1574	26	3410	27	408	28	5462	26.6
4 11-15 hours	757	13	1487	12	218	15	2506	12.2
5 16-20 hours	368	6	703	6	98	7	1196	5.8
6 21-25 hours	177	3	278	2	42	3	506	2.5
7 26-30 hours	65	1	131	1	25	2	225	1.1
8 More than 30 hours	167	3	213	2	44	3	437	2.1
Valid responses =	6011	29	12723	62	1473	7	20527	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	2107	35	9112	72	515	35	11900	58.0
2 1-5 hours	1965	33	2452	19	497	34	4984	24.3
3 6-10 hours	920	15	650	5	233	16	1838	9.0
4 11-15 hours	504	8	263	2	92	6	879	4.3
5 16-20 hours	233	4	109	1	70	5	422	2.1
6 21-25 hours	117	2	58	1	29	2	210	1.0
7 26-30 hours	47	1	34	0	8	1	91	0.4
8 More than 30 hours	124	2	37	0	30	2	199	1.0
Valid responses =	6017	29	12715	62	1474	7	20523	99.5

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	624	10	680	5	133	9	1468	7.2
2 1-5 hours	2131	36	4623	36	500	34	7362	35.9
3 6-10 hours	1583	26	3756	30	398	27	5829	28.4
4 11-15 hours	817	14	1831	14	201	14	2886	14.1
5 16-20 hours	421	7	918	7	111	8	1469	7.2
6 21-25 hours	180	3	398	3	48	3	639	3.1
7 26-30 hours	90	2	208	2	32	2	333	1.6
8 More than 30 hours	159	3	298	2	47	3	520	2.5
Valid responses =	6005	29	12712	62	1470	7	20506	99.4

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	1853	31	4029	32	489	33	6467	31.7
2 1-5 hours	3191	53	6421	51	759	52	10527	51.5
3 6-10 hours	615	10	1419	11	135	9	2203	10.8
4 11-15 hours	150	3	396	3	43	3	603	3.0
5 16-20 hours	92	2	148	1	19	1	265	1.3
6 21-25 hours	34	1	71	1	6	0	115	0.6
7 26-30 hours	16	0	53	0	6	0	79	0.4
8 More than 30 hours	43	1	119	1	8	1	172	0.8
Valid responses =	5994	29	12656	62	1465	7	20431	99.1

Invalid responses include no response.



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#### 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	2838	47	4742	37	638	43	8359	40.8
2 1-5 hours	536	9	1193	9	123	8	1885	9.2
3 6-10 hours	606	10	1618	13	170	12	2421	11.8
4 11-15 hours	494	8	1188	9	153	10	1863	9.1
5 16-20 hours	541	9	1316	10	152	10	2032	9.9
6 21-25 hours	241	4	709	6	81	6	1047	5.1
7 26-30 hours	166	3	434	3	37	3	651	3.2
8 More than 30 hours	574	10	1482	12	121	8	2213	10.8
Valid responses =	5996	29	12682	62	1475	7	20471	99.3

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	4526	75	9388	74	1087	74	15224	74.4
2 1-5 hours	1190	20	2930	23	326	22	4514	22.1
3 6-10 hours	153	3	213	2	34	2	413	2.0
4 11-15 hours	56	1	81	1	10	1	149	0.7
5 16-20 hours	36	1	18	0	12	1	69	0.3
6 21-25 hours	12	0	12	0	2	0	28	0.1
7 26-30 hours	11	0	14	0	1	0	28	0.1
8 More than 30 hours	18	0	17	0	1	0	40	0.2
Valid responses =	6002	29	12673	62	1473	7	20465	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	1442	24	2166	17	240	16	3927	19.1
2 1-5 hours	3117	52	6819	54	840	57	10914	53.1
3 6-10 hours	918	15	2094	16	262	18	3332	16.2
4 11-15 hours	267	4	764	6	74	5	1124	5.5
5 16-20 hours	124	2	346	3	30	2	508	2.5
6 21-25 hours	48	1	151	1	9	1	212	1.0
7 26-30 hours	29	1	89	1	6	0	127	0.6
8 More than 30 hours	76	1	301	2	12	1	399	1.9
Valid responses =	6021	29	12730	62	1473	7	20543	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	5019	84	9751	77	1252	85	16264	79.2
2 1-5 hours	461	8	1265	10	115	8	1873	9.1
3 6-10 hours	156	3	446	4	36	2	653	3.2
4 11-15 hours	104	2	214	2	19	1	348	1.7
5 16-20 hours	73	1	156	1	11	1	241	1.2
6 21-25 hours	32	1	87	1	5	0	127	0.6
7 26-30 hours	25	0	101	1	6	0	134	0.7
8 More than 30 hours	139	2	707	6	29	2	886	4.3
Valid responses =	6009	29	12727	62	1473	7	20526	99.5

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	110	2	104	1	22	2	245	1.2
2 Slightly underweight	760	13	984	8	189	13	1971	9.6
3 About the right weight	3101	52	6631	52	645	44	10535	51.3
4 Slightly overweight	1713	28	4090	32	496	34	6379	31.0
5 Very overweight	342	6	931	7	121	8	1425	6.9
Valid responses =	6026	29	12740	62	1473	7	20555	99.7

Invalid responses include no response.



# AMERICAN COLLEGE HEALTH ASSOCIATION

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

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January 29, 2026

### FREQUENCY REPORT

Number of Surveys (n) = 20623 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	1203	20	2835	22	479	33	4605	22.4
2 Stay the same weight	1351	22	2503	20	224	15	4136	20.1
3 Lose weight	2205	37	6768	53	635	43	9732	47.4
4 Gain weight	1264	21	623	5	137	9	2066	10.1
Valid responses =	6023	29	12729	62	1475	7	20539	99.6

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	181	3	333	3	63	4	593	2.9
1 1 to 149 Minutes	2628	44	5911	47	724	50	9400	46.7
2 150 to 299 Minutes	1403	24	2819	23	298	21	4572	22.7
3 300 or More Minutes	1730	29	3397	27	363	25	5551	27.6
Valid responses =	5942	30	12460	62	1448	7	20116	97.5

Invalid responses include no response.

	Mean	Median	Std Dev	Min	Max
Cis Men	253.88	160.00	380.99	0	5040
Cis Women	254.30	140.00	407.35	0	5040
Trans/Gender Non-conforming	251.30	120.00	424.96	0	5040
Overall	253.25	150.00	399.48	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	1357	23	4747	38	643	44	6835	33.8
1 1 to 74 Minutes	1713	29	3838	31	472	32	6115	30.3
2 75 to 149 Minutes	867	15	1489	12	146	10	2529	12.5
3 150 or More Minutes	2020	34	2445	20	194	13	4718	23.4
Valid responses =	5957	29	12519	62	1455	7	20197	97.9

Invalid responses include no response.

	Mean	Median	Std Dev	Min	Max
Cis Men	158.96	60.00	249.93	0	3000
Cis Women	102.10	30.00	210.28	0	3000
Trans/Gender Non-conforming	71.03	10.00	166.47	0	2880
Overall	116.80	30.00	222.16	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	1863	31	5524	44	878	60	8382	40.9
1 1 day	631	11	1625	13	172	12	2460	12.0
2 2 days	768	13	1842	15	175	12	2823	13.8
3 3 days	892	15	1658	13	115	8	2701	13.2
4 4 days	657	11	864	7	57	4	1594	7.8
5 5 days	664	11	669	5	41	3	1401	6.8
6 6 days	325	5	301	2	16	1	649	3.2
7 7 days	220	4	219	2	18	1	472	2.3
Valid responses =	6020	29	12702	62	1472	7	20482	99.3

Invalid responses include no response.



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### FREQUENCY REPORT

Number of Surveys (n) = 20623 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	2048	35	3501	28	349	24	5987	29.7
2 1 serving	1074	18	2659	21	326	22	4094	20.3
3 2 servings	886	15	1942	16	234	16	3094	15.4
4 3 servings	477	8	1104	9	160	11	1766	8.8
5 4 servings	275	5	630	5	79	5	997	5.0
6 5 servings	255	4	586	5	59	4	914	4.5
7 6 servings	164	3	317	3	45	3	534	2.7
8 7 servings	148	3	493	4	36	3	687	3.4
9 8 servings	102	2	196	2	27	2	328	1.6
10 9 or more servings	504	9	1052	8	138	10	1728	8.6
Valid responses =	5933	29	12480	62	1453	7	20129	97.6

Invalid responses include no response.

	Mean	Median	Std Dev	Min	Max
Cis Men	2.93	1.00	4.74	0	30
Cis Women	3.09	2.00	4.69	0	30
Trans/Gender Non-conforming	3.21	2.00	4.63	0	30
Overall	3.06	1.00	4.71	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, Celsius, Bang, 5 Hour Energy, etc.)

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 0 days	3577	60	7633	61	852	58	12209	60.1
2 1-2 days	707	12	1440	11	193	13	2376	11.7
3 3-4 days	433	7	870	7	105	7	1430	7.0
4 5-10 days	536	9	1257	10	150	10	1970	9.7
5 11-15 days	190	3	392	3	48	3	638	3.1
6 16-20 days	173	3	373	3	43	3	593	2.9
7 21-25 days	146	2	222	2	23	2	395	1.9
8 26-30 days	217	4	431	3	51	4	716	3.5
Valid responses =	5979	29	12618	62	1465	7	20327	98.6

Invalid responses include no response.

	Mean	Median	Std Dev	Min	Max
Cis Men	3.71	0.00	7.44	0	30
Cis Women	3.56	0.00	7.18	0	30
Trans/Gender Non-conforming	3.59	0.00	7.15	0	30
Overall	3.61	0.00	7.27	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	1133	19	1866	15	349	24	3408	16.7
2 1-2 servings per day	3762	63	8610	68	882	60	13415	65.6
3 3-4 servings per day	921	15	1896	15	208	14	3069	15.0
4 5-6 servings per day	136	2	236	2	22	2	403	2.0
5 More than 6 servings per day	56	1	98	1	9	1	165	0.8
Valid responses =	6008	29	12706	62	1470	7	20460	99.2

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	838	14	1306	10	239	16	2424	11.8
2 1-2 servings per day	3668	61	7910	62	860	59	12607	61.6
3 3-4 servings per day	1255	21	2931	23	316	22	4554	22.3
4 5-6 servings per day	185	3	444	4	41	3	682	3.3
5 More than 6 servings per day	57	1	115	1	14	1	190	0.9
Valid responses =	6003	29	12706	62	1470	7	20457	99.2

Invalid responses include no response.



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### FREQUENCY REPORT

Number of Surveys (n) = 20623 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	3771	63	7191	57	773	53	11872	58.1
1 Sometimes True	1742	29	4177	33	492	33	6514	31.9
2 Often True	487	8	1327	11	206	14	2065	10.1
Valid responses =	6000	29	12695	62	1471	7	20451	99.2

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	3822	64	7314	58	744	51	12010	58.8
1 Sometimes True	1538	26	3779	30	433	30	5848	28.6
2 Often True	623	10	1589	13	293	20	2562	12.5
Valid responses =	5983	29	12682	62	1470	7	20420	99.0

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	4216	70	8464	67	887	60	13730	67.0
1 Only 1 or 2 days	752	13	1759	14	215	15	2771	13.5
2 Yes, some days, but not every day	828	14	1987	16	258	18	3131	15.3
3 Yes, almost every day	218	4	524	4	112	8	875	4.3
Valid responses =	6014	29	12734	62	1472	7	20507	99.4

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	4703	78	9623	76	1018	69	15536	75.9
1 Yes	1304	22	3100	24	449	31	4943	24.1
Valid responses =	6007	29	12723	62	1467	7	20479	99.3

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	5032	84	10254	81	1071	73	16566	80.9
1 Yes	977	16	2466	19	398	27	3914	19.1
Valid responses =	6009	29	12720	62	1469	7	20480	99.3

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	764	13	1146	9	88	6	2028	9.9
2 5-15 minutes	2160	36	4120	32	370	25	6734	32.8
3 16-30 minutes	1628	27	3505	28	448	30	5653	27.5
4 31 minutes - 1 hour	965	16	2515	20	353	24	3896	19.0
5 over 1 hour	507	8	1450	11	216	15	2213	10.8
Valid responses =	6024	29	12736	62	1475	7	20524	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		Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Less than 4 hours	61	1	139	1	29	2	240	1.2
2 4 hours	186	3	419	3	61	4	680	3.3
3 5 hours	667	11	1591	13	203	14	2503	12.2
4 6 hours	1630	27	3224	25	382	26	5297	25.8
5 7 hours	2106	35	4054	32	452	31	6697	32.6
6 8 hours	1138	19	2523	20	262	18	3975	19.4
7 9 hours	181	3	572	5	64	4	825	4.0
8 10 or more hours	57	1	221	2	24	2	313	1.5
Valid responses =	6026	29	12743	62	1477	7	20530	99.5

Invalid responses include no response.



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FREQUENCY REPORT

Number of Surveys (n) = 20623 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		Non-conforming		Trans/Gender		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Less than 4 hours	62	1	124	1	15	1	211	1.0		
2 4 hours	133	2	297	2	34	2	472	2.3		
3 5 hours	317	5	801	6	91	6	1226	6.0		
4 6 hours	815	14	1699	13	178	12	2734	13.3		
5 7 hours	1237	21	2628	21	217	15	4140	20.2		
6 8 hours	1845	31	3616	28	398	27	5934	28.9		
7 9 hours	1097	18	2402	19	333	23	3871	18.9		
8 10 or more hours	516	9	1164	9	211	14	1927	9.4		
Valid responses =	6022	29	12731	62	1477	7	20515	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		Non-conforming		Trans/Gender		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 0 days	3196	53	5779	45	679	46	9781	47.7		
2 1 day	1105	18	2275	18	235	16	3672	17.9		
3 2 days	810	14	2043	16	230	16	3122	15.2		
4 3 days	361	6	1109	9	137	9	1636	8.0		
5 4 days	172	3	529	4	65	4	778	3.8		
6 5 days	150	3	401	3	49	3	611	3.0		
7 6 days	54	1	176	1	23	2	254	1.2		
8 7 days	165	3	410	3	58	4	643	3.1		
Valid responses =	6013	29	12722	62	1476	7	20497	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		Non-conforming		Trans/Gender		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 0 days	396	7	355	3	44	3	805	3.9		
2 1 day	667	11	705	6	57	4	1446	7.1		
3 2 days	1119	19	1518	12	129	9	2811	13.7		
4 3 days	1051	18	1957	15	187	13	3231	15.8		
5 4 days	770	13	1560	12	154	10	2519	12.3		
6 5 days	706	12	1873	15	217	15	2827	13.8		
7 6 days	289	5	925	7	96	7	1327	6.5		
8 7 days	1019	17	3833	30	590	40	5536	27.0		
Valid responses =	6017	29	12726	62	1474	7	20502	99.4		

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		Non-conforming		Trans/Gender		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 0 days	2300	38	3877	31	349	24	6606	32.2		
2 1 day	1395	23	2695	21	299	20	4451	21.7		
3 2 days	815	14	1949	15	241	16	3050	14.9		
4 3 days	454	8	1143	9	130	9	1757	8.6		
5 4 days	271	5	746	6	91	6	1125	5.5		
6 5 days	230	4	703	6	109	7	1059	5.2		
7 6 days	122	2	379	3	58	4	565	2.8		
8 7 days	422	7	1230	10	199	14	1880	9.2		
Valid responses =	6009	29	12722	62	1476	7	20493	99.4		

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		Non-conforming		Trans/Gender		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 0 days	831	14	2438	19	397	27	3734	18.2		
2 1 day	821	14	2278	18	258	18	3402	16.6		
3 2 days	1108	18	2581	20	280	19	4010	19.6		
4 3 days	851	14	1736	14	171	12	2804	13.7		
5 4 days	702	12	1343	11	133	9	2212	10.8		
6 5 days	776	13	1154	9	100	7	2053	10.0		
7 6 days	523	9	621	5	67	5	1225	6.0		
8 7 days	403	7	573	5	68	5	1060	5.2		
Valid responses =	6015	29	12724	62	1474	7	20500	99.4		

Invalid responses include no response.



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### FREQUENCY REPORT

Number of Surveys (n) = 20623 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	2542	42	5134	40	603	41	8376	40.9
2 1 day	1220	20	2351	19	288	20	3914	19.1
3 2 days	923	15	2040	16	215	15	3230	15.8
4 3 days	569	10	1308	10	146	10	2053	10.0
5 4 days	299	5	722	6	97	7	1140	5.6
6 5 days	187	3	516	4	45	3	763	3.7
7 6 days	77	1	208	2	29	2	319	1.6
8 7 days	195	3	440	4	51	4	698	3.4
Valid responses =	6012	29	12719	62	1474	7	20493	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	756	22	1139	15	107	12	2037	16.9
2 Between 30 and 59 minutes	1637	47	3424	45	351	40	5480	45.3
3 Between 60 and 119 minutes	847	25	2258	30	302	35	3462	28.6
4 2 hours or more	221	6	752	10	109	13	1108	9.2
Valid responses =	3461	29	7573	63	869	7	12087	58.6

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	3265	54	8342	66	986	67	12765	62.3
2 Never	1069	18	1520	12	142	10	2768	13.5
3 Rarely	327	5	478	4	51	4	870	4.2
4 Sometimes	252	4	392	3	43	3	693	3.4
5 Most of the time	310	5	501	4	54	4	878	4.3
6 Always	790	13	1492	12	198	13	2514	12.3
Valid responses =	6013	29	12725	62	1474	7	20488	99.3

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	4861	81	11127	88	1328	90	17533	85.7
2 Never	408	7	479	4	47	3	952	4.7
3 Rarely	89	2	114	1	8	1	218	1.1
4 Sometimes	82	1	113	1	8	1	211	1.0
5 Most of the time	104	2	141	1	11	1	261	1.3
6 Always	466	8	741	6	68	5	1295	6.3
Valid responses =	6010	29	12715	62	1470	7	20470	99.3

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	5062	84	11589	91	1312	89	18180	88.8
2 Never	577	10	622	5	91	6	1316	6.4
3 Rarely	85	1	113	1	19	1	226	1.1
4 Sometimes	81	1	86	1	14	1	186	0.9
5 Most of the time	52	1	73	1	8	1	138	0.7
6 Always	147	2	229	2	29	2	417	2.0
Valid responses =	6004	29	12712	62	1473	7	20463	99.2

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	436	7	979	8	196	13	1644	8.0
2 Within the last 2 weeks	4273	71	9276	73	914	62	14631	71.4
3 More than 2 weeks but within 30 days	278	5	612	5	62	4	968	4.7
4 More than 30 days but within 3 months	539	9	978	8	127	9	1677	8.2
5 More than 3 months but within 12 months	341	6	634	5	116	8	1112	5.4
6 More than 12 months ago	152	3	252	2	62	4	471	2.3
Valid responses =	6019	29	12731	62	1477	7	20503	99.4

Invalid responses include no response.



## 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.	Freq.	Pct.	
0 0 Days	22	1	48	1	4	0	74	0.5	74	0.5	1
1 1 to 4 Days	983	23	1812	20	210	23	3050	21.0	3050	21.0	11
2 5 to 10 Days	1320	31	2789	30	309	34	4464	30.7	4464	30.7	13
3 11 to 14 Days	1935	45	4574	50	390	43	6968	47.9	6968	47.9	16
Valid responses =	4260	29	9223	63	913	6	14556	70.6			

Invalid responses include no response.

	Mean	Median	Std Dev	Min	Max
Cis Men	9.00	10.00	4.66	0	14
Cis Women	9.45	10.00	4.55	0	14
Trans/Gender Non-conforming	8.78	10.00	4.49	0	14
Overall	9.27	10.00	4.58	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? (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.	Freq.	Pct.	
0 0 Days	1975	47	4143	45	489	54	6690	46.1	6690	46.1	11
1 1 to 4 Days	1084	26	2371	26	234	26	3723	25.7	3723	25.7	12
2 5 to 10 Days	587	14	1414	15	111	12	2133	14.7	2133	14.7	13
3 11 to 14 Days	600	14	1270	14	75	8	1961	13.5	1961	13.5	14
Valid responses =	4246	29	9198	63	909	6	14507	70.3			

Invalid responses include no response.

	Mean	Median	Std Dev	Min	Max
Cis Men	3.46	1.00	4.84	0	14
Cis Women	3.55	1.00	4.82	0	14
Trans/Gender Non-conforming	2.54	0.00	4.11	0	14
Overall	3.46	1.00	4.79	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?

(only includes students that drove in the last 12 months)

	Cis Men			Cis Women			Trans/Gender Non-conforming			Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	
1 No accidents	4920	91	10335	90	1086	89	16548	90.1	16548	90.1	11
2 One accident	450	8	1044	9	115	9	1627	8.9	1627	8.9	2
3 Two accidents	41	1	111	1	15	1	172	0.9	172	0.9	1
4 Three or more accidents	9	0	6	0	1	0	18	0.1	18	0.1	0
Valid responses =	5420	30	11496	63	1217	7	18365	89.1			

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.	Freq.	Pct.	
1 No	5445	91	11328	89	1321	90	18322	89.9	18322	89.9	11
2 Yes	532	9	1344	11	146	10	2048	10.1	2048	10.1	2
Valid responses =	5977	29	12672	62	1467	7	20370	98.8			

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.	Freq.	Pct.	
1 No	5649	95	11889	94	1376	94	19152	94.2	19152	94.2	11
2 Yes	317	5	764	6	93	6	1190	5.8	1190	5.8	2
Valid responses =	5966	29	12653	62	1469	7	20342	98.6			

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.	Freq.	Pct.	
1 No	5808	97	12347	98	1420	97	19816	97.4	19816	97.4	11
2 Yes	157	3	310	2	48	3	525	2.6	525	2.6	2
Valid responses =	5965	29	12657	62	1468	7	20341	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 - Fall 2025

American College Health Association

8455 Colesville Road, Suite 740

Silver Spring, MD 20910

(410) 859-1500

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

January 29, 2026

FREQUENCY REPORT

Number of Surveys (n) = 20623 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.

	Trans/Gender						Total	
	Cis Men		Cis Women		Non-conforming			
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 No	5901	99	12464	99	1431	98	20038 98.5	
2 Yes	70	1	180	1	35	2	296 1.5	
Valid responses =	5971	29	12644	62	1466	7	20334 98.6	

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.

	Trans/Gender						Total	
	Cis Men		Cis Women		Non-conforming			
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 No	5865	98	12275	97	1397	95	19777 97.3	
2 Yes	100	2	364	3	69	5	543 2.7	
Valid responses =	5965	29	12639	62	1466	7	20320 98.5	

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.

	Trans/Gender						Total	
	Cis Men		Cis Women		Non-conforming			
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 No	5764	96	12558	99	1445	98	20011 98.0	
2 Yes	225	4	138	1	31	2	408 2.0	
Valid responses =	5989	29	12696	62	1476	7	20419 99.0	

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).

	Trans/Gender						Total	
	Cis Men		Cis Women		Non-conforming			
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 No	5874	98	12502	99	1427	97	20049 98.2	
2 Yes	116	2	193	2	48	3	370 1.8	
Valid responses =	5990	29	12695	62	1475	7	20419 99.0	

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.

	Trans/Gender						Total	
	Cis Men		Cis Women		Non-conforming			
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 No	5248	88	11463	90	1222	83	18143 88.9	
2 Yes	744	12	1224	10	252	17	2266 11.1	
Valid responses =	5992	29	12687	62	1474	7	20409 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.

	Trans/Gender						Total	
	Cis Men		Cis Women		Non-conforming			
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 No	5851	98	11989	95	1352	92	19431 95.3	
2 Yes	132	2	688	5	121	8	960 4.7	
Valid responses =	5983	29	12677	62	1473	7	20391 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.

	Trans/Gender						Total	
	Cis Men		Cis Women		Non-conforming			
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 No	5954	99	12454	98	1437	98	20094 98.5	
2 Yes	38	1	232	2	36	2	315 1.5	
Valid responses =	5992	29	12686	62	1473	7	20409 99.0	

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.

	Trans/Gender						Total	
	Cis Men		Cis Women		Non-conforming			
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 No	5955	99	12504	99	1445	98	20154 98.8	
2 Yes	38	1	179	1	29	2	253 1.2	
Valid responses =	5993	29	12683	62	1474	7	20407 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 - Fall 2025

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January 29, 2026

### FREQUENCY REPORT

Number of Surveys (n) = 20623 Web Surveys

#### 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).

	Trans/Gender						Total	
	Cis Men		Cis Women		Non-conforming			
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 No	5874	98	12104	95	1381	94	19601 96.0	
2 Yes	124	2	579	5	92	6	810 4.0	
Valid responses =	5998	29	12683	62	1473	7	20411 99.0	

Invalid responses include no response.

#### R21A) How safe do you feel: On my campus (daytime)?

	Trans/Gender						Total	
	Cis Men		Cis Women		Non-conforming			
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 Not safe at all	27	0	33	0	4	0	74 0.4	
2 Somewhat unsafe	41	1	111	1	35	2	200 1.0	
3 Somewhat safe	496	8	1476	12	268	18	2297 11.2	
4 Very safe	5172	86	10226	80	1113	75	16685 81.4	
5 Does not apply	285	5	882	7	57	4	1238 6.0	
Valid responses =	6021	29	12728	62	1477	7	20494 99.4	

Invalid responses include no response.

#### R21B) How safe do you feel: On my campus (nighttime)?

	Trans/Gender						Total	
	Cis Men		Cis Women		Non-conforming			
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 Not safe at all	58	1	254	2	40	3	365 1.8	
2 Somewhat unsafe	237	4	1585	13	235	16	2089 10.2	
3 Somewhat safe	1532	26	5156	41	616	42	7398 36.1	
4 Very safe	3544	59	3799	30	409	28	7844 38.3	
5 Does not apply	641	11	1931	15	176	12	2785 13.6	
Valid responses =	6012	29	12725	62	1476	7	20481 99.3	

Invalid responses include no response.

#### R21C) How safe do you feel: In the community surrounding my campus (daytime)?

	Trans/Gender						Total	
	Cis Men		Cis Women		Non-conforming			
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 Not safe at all	47	1	89	1	9	1	156 0.8	
2 Somewhat unsafe	201	3	669	5	103	7	993 4.8	
3 Somewhat safe	1558	26	4115	32	593	40	6362 31.1	
4 Very safe	3832	64	6796	53	650	44	11394 55.6	
5 Does not apply	381	6	1051	8	120	8	1574 7.7	
Valid responses =	6019	29	12720	62	1475	7	20479 99.3	

Invalid responses include no response.

#### R21D) How safe do you feel: In the community surrounding my campus (nighttime)?

	Trans/Gender						Total	
	Cis Men		Cis Women		Non-conforming			
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 Not safe at all	235	4	990	8	125	9	1376 6.7	
2 Somewhat unsafe	859	14	3117	25	402	27	4433 21.7	
3 Somewhat safe	2009	33	4604	36	532	36	7227 35.3	
4 Very safe	2287	38	2171	17	197	13	4714 23.0	
5 Does not apply	623	10	1831	14	218	15	2714 13.3	
Valid responses =	6013	29	12713	62	1474	7	20464 99.2	

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.)

	Trans/Gender						Total	
	Cis Men		Cis Women		Non-conforming			
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
0 No	4259	71	8945	70	1075	73	14467 70.7	
3 Yes	1756	29	3777	30	402	27	6007 29.3	
Valid responses =	6015	29	12722	62	1477	7	20474 99.3	

Invalid responses include no response.



# AMERICAN COLLEGE HEALTH ASSOCIATION

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

### Reference Group Data Report - Fall 2025

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

January 29, 2026

### FREQUENCY REPORT

Number of Surveys (n) = 20623 Web Surveys

#### 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.)

	Trans/Gender						Total
	Cis Men		Cis Women		Non-conforming		
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	
0 No	2603	43	4676	37	578	39	7982 39.0
3 Yes	3411	57	8019	63	898	61	12460 61.0
Valid responses =	6014	29	12695	62	1476	7	20442 99.1

Invalid responses include no response.

#### 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.]

	Trans/Gender						Total
	Cis Men		Cis Women		Non-conforming		
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	
0 No	4161	69	8110	64	813	55	13267 65.0
3 Yes	1834	31	4583	36	662	45	7154 35.0
Valid responses =	5995	29	12693	62	1475	7	20421 99.0

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.)

	Trans/Gender						Total
	Cis Men		Cis Women		Non-conforming		
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	
0 No	5737	96	12136	96	1417	96	19532 95.7
3 Yes	269	5	534	4	55	4	872 4.3
Valid responses =	6006	29	12670	62	1472	7	20404 98.9

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.]

	Trans/Gender						Total
	Cis Men		Cis Women		Non-conforming		
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	
0 No	5614	94	11989	95	1385	94	19226 94.1
3 Yes	389	7	704	6	88	6	1198 5.9
Valid responses =	6003	29	12693	62	1473	7	20424 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.)

	Trans/Gender						Total
	Cis Men		Cis Women		Non-conforming		
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	
0 No	5918	99	12544	99	1457	99	20168 98.7
3 Yes	82	1	155	1	17	1	261 1.3
Valid responses =	6000	29	12699	62	1474	7	20429 99.1

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.)

	Trans/Gender						Total
	Cis Men		Cis Women		Non-conforming		
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	
0 No	5758	96	12280	97	1385	94	19666 96.3
3 Yes	239	4	406	3	88	6	747 3.7
Valid responses =	5997	29	12686	62	1473	7	20413 99.0

Invalid responses include no response.



# AMERICAN COLLEGE HEALTH ASSOCIATION

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January 29, 2026

FREQUENCY REPORT

Number of Surveys (n) = 20623 Web Surveys

## 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.]

	Trans/Gender						Total	
	Cis Men		Cis Women		Non-conforming		Freq.	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
0 No	5761	96	12223	96	1392	95	19615	96.0
3 Yes	242	4	474	4	78	5	809	4.0
Valid responses =	6003	29	12697	62	1470	7	20424	99.0

Invalid responses include no response.

## 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.)

	Trans/Gender						Total	
	Cis Men		Cis Women		Non-conforming		Freq.	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
0 No	5450	91	11757	93	1303	88	18739	91.6
3 Yes	556	9	955	8	173	12	1712	8.4
Valid responses =	6006	29	12712	62	1476	7	20451	99.2

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

	Trans/Gender						Total	
	Cis Men		Cis Women		Non-conforming		Freq.	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
0 No	5952	99	12606	100	1463	100	20273	99.4
3 Yes	42	1	67	1	8	1	121	0.6
Valid responses =	5994	29	12673	62	1471	7	20394	98.9

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.]

	Trans/Gender						Total	
	Cis Men		Cis Women		Non-conforming		Freq.	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
0 No	5813	97	12353	97	1411	96	19824	97.1
3 Yes	192	3	330	3	60	4	591	2.9
Valid responses =	6005	29	12683	62	1471	7	20415	99.0

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

	Trans/Gender						Total	
	Cis Men		Cis Women		Non-conforming		Freq.	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
0 No	4342	98	8762	99	1066	98	14332	98.7
3 Yes	75	2	84	1	20	2	184	1.3
Valid responses =	4417	30	8846	61	1086	7	14516	70.4

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.)

	Trans/Gender						Total	
	Cis Men		Cis Women		Non-conforming		Freq.	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
0 Never	490	28	1245	33	150	37	1904	31.8
2 Once or twice	442	25	917	24	80	20	1456	24.3
3 Monthly	147	8	276	7	35	9	463	7.7
4 Weekly	170	10	335	9	34	9	550	9.2
6 Daily or almost daily	502	29	999	27	102	25	1623	27.1
Valid responses =	1751	29	3772	63	401	7	5996	29.1

Invalid responses include no response.



# AMERICAN COLLEGE HEALTH ASSOCIATION

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

Reference Group Data Report - Fall 2025

American College Health Association

8455 Colesville Road, Suite 740

Silver Spring, MD 20910

(410) 859-1500

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

January 29, 2026

FREQUENCY REPORT

Number of Surveys (n) = 20623 Web Surveys

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.)

	Trans/Gender						Total	
	Cis Men		Cis Women		Non-conforming			
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
0 Never	397	12	788	10	119	13	1316	10.6
2 Once or twice	951	28	2543	32	332	37	3867	31.1
3 Monthly	728	21	2023	25	232	26	3016	24.2
4 Weekly	1187	35	2474	31	196	22	3898	31.3
6 Daily or almost daily	145	4	176	2	17	2	343	2.8
Valid responses =	3408	27	8004	64	896	7	12440	60.3

Invalid responses include no response.

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.]

	Trans/Gender						Total	
	Cis Men		Cis Women		Non-conforming			
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
0 Never	671	37	1674	37	191	29	2551	35.7
2 Once or twice	435	24	1255	28	163	25	1870	26.2
3 Monthly	214	12	537	12	73	11	835	11.7
4 Weekly	257	14	595	13	117	18	985	13.8
6 Daily or almost daily	253	14	510	11	117	18	896	12.6
Valid responses =	1830	26	4571	64	661	9	7137	34.6

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.)

	Trans/Gender						Total	
	Cis Men		Cis Women		Non-conforming			
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
0 Never	198	74	413	78	39	71	658	75.7
2 Once or twice	46	17	90	17	10	18	150	17.3
3 Monthly	11	4	18	3	1	2	31	3.6
4 Weekly	10	4	9	2	2	4	21	2.4
6 Daily or almost daily	2	1	3	1	3	6	9	1.0
Valid responses =	267	31	533	61	55	6	869	4.2

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.]

	Trans/Gender						Total	
	Cis Men		Cis Women		Non-conforming			
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
0 Never	262	68	487	69	52	59	807	67.5
2 Once or twice	56	15	110	16	23	26	193	16.2
3 Monthly	23	6	21	3	2	2	48	4.0
4 Weekly	15	4	26	4	4	5	47	3.9
6 Daily or almost daily	31	8	60	9	7	8	100	8.4
Valid responses =	387	32	704	59	88	7	1195	5.8

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.)

	Trans/Gender						Total	
	Cis Men		Cis Women		Non-conforming			
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
0 Never	68	83	141	92	12	71	225	86.5
2 Once or twice	7	9	5	3	1	6	13	5.0
3 Monthly	4	5	3	2	1	6	10	3.8
4 Weekly	0	0	4	3	2	12	6	2.3
6 Daily or almost daily	3	4	1	1	1	6	6	2.3
Valid responses =	82	32	154	59	17	7	260	1.3

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.)

	Trans/Gender						Total	
	Cis Men		Cis Women		Non-conforming			
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
0 Never	165	69	249	61	63	72	481	64.5
2 Once or twice	42	18	115	28	17	19	178	23.9
3 Monthly	24	10	26	6	4	5	59	7.9
4 Weekly	5	2	14	3	2	2	21	2.8
6 Daily or almost daily	2	1	2	1	2	2	7	0.9
Valid responses =	238	32	406	54	88	12	746	3.6

Invalid responses include no response.



# AMERICAN COLLEGE HEALTH ASSOCIATION

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FREQUENCY REPORT

Number of Surveys (n) = 20623 Web Surveys

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.]

	Trans/Gender						Total	
	Cis Men		Cis Women		Non-conforming			
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
0 Never	163	67	314	66	59	76	542 67.0	
2 Once or twice	45	19	86	18	8	10	143 17.7	
3 Monthly	11	5	29	6	5	6	48 5.9	
4 Weekly	10	4	18	4	1	1	30 3.7	
6 Daily or almost daily	13	5	27	6	5	6	46 5.7	
Valid responses =	242	30	474	59	78	10	809 3.9	

Invalid responses include no response.

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.)

	Trans/Gender						Total	
	Cis Men		Cis Women		Non-conforming			
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
0 Never	381	69	703	74	109	63	1211 70.8	
2 Once or twice	139	25	220	23	54	31	420 24.6	
3 Monthly	30	5	23	2	8	5	62 3.6	
4 Weekly	2	0	8	1	0	0	11 0.6	
6 Daily or almost daily	2	0	1	0	2	1	6 0.4	
Valid responses =	554	32	955	56	173	10	1710 8.3	

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

	Trans/Gender						Total	
	Cis Men		Cis Women		Non-conforming			
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
0 Never	32	76	62	93	4	50	100 82.6	
2 Once or twice	5	12	1	2	0	0	6 5.0	
3 Monthly	4	10	2	3	2	25	9 7.4	
4 Weekly	0	0	1	2	1	13	2 1.7	
6 Daily or almost daily	1	2	1	2	1	13	4 3.3	
Valid responses =	42	35	67	55	8	7	121 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.]

	Trans/Gender						Total	
	Cis Men		Cis Women		Non-conforming			
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
0 Never	161	84	281	85	49	82	498 84.3	
2 Once or twice	18	9	28	9	7	12	53 9.0	
3 Monthly	4	2	9	2	2	3	15 2.5	
4 Weekly	3	2	7	2	0	0	11 1.9	
6 Daily or almost daily	6	3	5	2	2	3	14 2.4	
Valid responses =	192	32	330	56	60	10	591 2.9	

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

	Trans/Gender						Total	
	Cis Men		Cis Women		Non-conforming			
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
0 Never	25	34	39	48	8	40	72 40.2	
2 Once or twice	15	21	7	9	3	15	25 14.0	
3 Monthly	6	8	6	7	3	15	16 8.9	
4 Weekly	4	6	6	7	1	5	13 7.3	
6 Daily or almost daily	23	32	23	28	5	25	53 29.6	
Valid responses =	73	41	81	45	20	11	179 0.9	

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)

	Trans/Gender						Total	
	Cis Men		Cis Women		Non-conforming			
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
0 No	69	55	106	49	20	56	201 51.8	
1 Yes	52	42	106	49	15	42	176 45.4	
99 Don't know	4	3	5	2	1	3	11 2.8	
Valid responses =	125	32	217	56	36	9	388 1.9	

Invalid responses include no response.



# AMERICAN COLLEGE HEALTH ASSOCIATION

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January 29, 2026

FREQUENCY REPORT

Number of Surveys (n) = 20623 Web Surveys

**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?

	Trans/Gender						Total	
	Cis Men		Cis Women		Non-conforming		Freq.	Pct.
0 No	39	75	85	80	10	67	135	76.7
1 Yes	13	25	19	18	4	27	38	21.6
99 Don't know	0	0	2	2	1	7	3	1.7
Valid responses =	52	30	106	60	15	9	176	0.9

Invalid responses include no response.

**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?

	Trans/Gender						Total	
	Cis Men		Cis Women		Non-conforming		Freq.	Pct.
0 No	43	83	91	86	12	80	147	83.5
1 Yes	9	17	13	12	3	20	27	15.3
99 Don't know	0	0	2	2	0	0	2	1.1
Valid responses =	52	30	106	60	15	9	176	0.9

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)

	Trans/Gender						Total	
	Cis Men		Cis Women		Non-conforming		Freq.	Pct.
0 No	56	71	79	50	9	47	149	56.7
1 Yes	17	22	72	46	10	53	101	38.4
99 Don't know	6	8	6	4	0	0	13	4.9
Valid responses =	79	30	157	60	19	7	263	1.3

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?

	Trans/Gender						Total	
	Cis Men		Cis Women		Non-conforming		Freq.	Pct.
0 No	11	65	53	74	4	40	68	67.3
1 Yes	6	35	19	26	6	60	32	31.7
99 Don't know	0	0	0	0	0	0	1	1.0
Valid responses =	17	17	72	71	10	10	101	0.5

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?

	Trans/Gender						Total	
	Cis Men		Cis Women		Non-conforming		Freq.	Pct.
0 No	14	82	60	83	6	60	80	79.2
1 Yes	3	18	10	14	4	40	18	17.8
99 Don't know	0	0	2	3	0	0	3	3.0
Valid responses =	17	17	72	71	10	10	101	0.5

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)**

	Trans/Gender						Total	
	Cis Men		Cis Women		Non-conforming		Freq.	Pct.
0 No	14	45	21	44	3	27	40	43.5
1 Yes	12	39	26	54	8	73	46	50.0
99 Don't know	5	16	1	2	0	0	6	6.5
Valid responses =	31	34	48	52	11	12	92	0.4

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?

	Trans/Gender						Total	
	Cis Men		Cis Women		Non-conforming		Freq.	Pct.
0 No	8	67	22	85	6	75	36	78.3
1 Yes	4	33	3	12	2	25	9	19.6
99 Don't know	0	0	1	4	0	0	1	2.2
Valid responses =	12	26	26	57	8	17	46	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 - Fall 2025

American College Health Association  
8455 Colesville Road, Suite 740  
Silver Spring, MD 20910  
(410) 859-1500  
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January 29, 2026

FREQUENCY REPORT

Number of Surveys (n) = 20623 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?

	Trans/Gender						Total	
	Cis Men		Cis Women		Non-conforming		Freq.	Pct.
0 No	7	58	21	81	3	38	31	67.4
1 Yes	4	33	4	15	4	50	12	26.1
99 Don't know	1	8	1	4	1	13	3	6.5
Valid responses =	12	26	26	57	8	17	46	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.)

	Trans/Gender						Total	
	Cis Men		Cis Women		Non-conforming		Freq.	Pct.
0 Never	440	35	697	28	55	22	1205	29.8
3 Once or twice	198	16	440	18	44	18	692	17.1
4 Monthly	50	4	128	5	24	10	204	5.0
5 Weekly	138	11	282	11	26	11	451	11.2
6 Daily or almost daily	422	34	952	38	96	39	1489	36.8
Valid responses =	1248	31	2499	62	245	6	4041	19.6

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.)

	Trans/Gender						Total	
	Cis Men		Cis Women		Non-conforming		Freq.	Pct.
0 Never	1540	52	3337	47	349	45	5283	48.0
3 Once or twice	669	22	1879	26	209	27	2786	25.3
4 Monthly	262	9	752	11	89	12	1110	10.1
5 Weekly	406	14	977	14	91	12	1491	13.5
6 Daily or almost daily	106	4	194	3	30	4	336	3.1
Valid responses =	2983	27	7139	65	768	7	11006	53.4

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.]

	Trans/Gender						Total	
	Cis Men		Cis Women		Non-conforming		Freq.	Pct.
0 Never	503	44	1122	39	131	28	1776	39.3
3 Once or twice	204	18	679	24	113	25	1006	22.3
4 Monthly	87	8	269	9	46	10	404	8.9
5 Weekly	182	16	372	13	89	19	655	14.5
6 Daily or almost daily	168	15	413	15	83	18	677	15.0
Valid responses =	1144	25	2855	63	462	10	4518	21.9

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.)

	Trans/Gender						Total	
	Cis Men		Cis Women		Non-conforming		Freq.	Pct.
0 Never	42	61	70	58	8	50	123	58.3
3 Once or twice	18	26	30	25	2	13	52	24.6
4 Monthly	4	6	7	6	3	19	14	6.6
5 Weekly	3	4	11	9	1	6	15	7.1
6 Daily or almost daily	2	3	2	2	2	13	7	3.3
Valid responses =	69	33	120	57	16	8	211	1.0

Invalid responses include no response.



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January 29, 2026

FREQUENCY REPORT

Number of Surveys (n) = 20623 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.]

	Trans/Gender						Total	
	Cis Men		Cis Women		Non-conforming			
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
0 Never	72	58	123	57	20	56	220	57.0
3 Once or twice	24	19	38	18	6	17	69	17.9
4 Monthly	8	6	7	3	3	8	19	4.9
5 Weekly	8	6	17	8	2	6	29	7.5
6 Daily or almost daily	13	10	30	14	5	14	49	12.7
Valid responses =	125	32	215	56	36	9	386	1.9

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.)

	Trans/Gender						Total	
	Cis Men		Cis Women		Non-conforming			
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
0 Never	5	36	7	54	1	20	13	37.1
3 Once or twice	3	21	3	23	0	0	6	17.1
4 Monthly	3	21	1	8	2	40	8	22.9
5 Weekly	1	7	1	8	1	20	3	8.6
6 Daily or almost daily	2	14	1	8	1	20	5	14.3
Valid responses =	14	40	13	37	5	14	35	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.)

	Trans/Gender						Total	
	Cis Men		Cis Women		Non-conforming			
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
0 Never	50	69	110	71	19	76	183	69.8
3 Once or twice	11	15	26	17	4	16	43	16.4
4 Monthly	5	7	13	8	0	0	20	7.6
5 Weekly	3	4	5	3	1	4	10	3.8
6 Daily or almost daily	3	4	1	1	1	4	6	2.3
Valid responses =	72	27	155	59	25	10	262	1.3

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.]

	Trans/Gender						Total	
	Cis Men		Cis Women		Non-conforming			
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
0 Never	40	51	81	51	5	26	131	49.4
3 Once or twice	16	20	36	23	4	21	57	21.5
4 Monthly	9	11	10	6	5	26	25	9.4
5 Weekly	5	6	13	8	2	11	21	7.9
6 Daily or almost daily	9	11	18	11	3	16	31	11.7
Valid responses =	79	30	158	60	19	7	265	1.3

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.)

	Trans/Gender						Total	
	Cis Men		Cis Women		Non-conforming			
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
0 Never	107	63	171	69	33	53	314	64.1
3 Once or twice	38	22	51	21	14	23	106	21.6
4 Monthly	16	9	15	6	8	13	41	8.4
5 Weekly	6	4	7	3	6	10	20	4.1
6 Daily or almost daily	4	2	3	1	1	2	9	1.8
Valid responses =	171	35	247	50	62	13	490	2.4

Invalid responses include no response.



# AMERICAN COLLEGE HEALTH ASSOCIATION

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

### Reference Group Data Report - Fall 2025

American College Health Association

8455 Colesville Road, Suite 740

Silver Spring, MD 20910

(410) 859-1500

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

January 29, 2026

### FREQUENCY REPORT

Number of Surveys (n) = 20623 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	3	30	1	20	0	0	4	19.0
3 Once or twice	0	0	1	20	2	50	3	14.3
4 Monthly	3	30	2	40	1	25	6	28.6
5 Weekly	2	20	1	20	0	0	4	19.0
6 Daily or almost daily	2	20	0	0	1	25	4	19.0
Valid responses =	10	48	5	24	4	19	21	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	12	39	24	49	5	46	41	44.6
3 Once or twice	8	26	11	22	3	27	22	23.9
4 Monthly	3	10	3	6	1	9	7	7.6
5 Weekly	5	16	7	14	1	9	13	14.1
6 Daily or almost daily	3	10	4	8	1	9	9	9.8
Valid responses =	31	34	49	53	11	12	92	0.4

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	19	40	13	33	5	46	38	36.9
3 Once or twice	4	9	7	18	2	18	14	13.6
4 Monthly	4	9	1	3	2	18	7	6.8
5 Weekly	3	6	2	5	1	9	7	6.8
6 Daily or almost daily	17	36	17	43	1	9	37	35.9
Valid responses =	47	46	40	39	11	11	103	0.5

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	1094	87	2090	83	196	78	3419	83.7
4 Once or twice	83	7	222	9	33	13	341	8.4
5 Monthly	20	2	71	3	7	3	100	2.4
6 Weekly	26	2	53	2	7	3	88	2.2
7 Daily or almost daily	36	3	87	3	7	3	135	3.3
Valid responses =	1259	31	2523	62	250	6	4083	19.8

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	2701	90	6395	89	705	91	9898	89.2
4 Once or twice	210	7	586	8	53	7	860	7.7
5 Monthly	46	2	116	2	8	1	173	1.6
6 Weekly	36	1	86	1	7	1	131	1.2
7 Daily or almost daily	11	0	20	0	4	1	39	0.4
Valid responses =	3004	27	7203	65	777	7	11101	53.8

Invalid responses include no response.



# AMERICAN COLLEGE HEALTH ASSOCIATION

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

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American College Health Association

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(410) 859-1500

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

January 29, 2026

FREQUENCY REPORT

Number of Surveys (n) = 20623 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.]

	Trans/Gender						Total	
	Cis Men		Cis Women		Non-conforming		Freq.	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
0 Never	984	85	2536	88	394	84	3960	86.8
4 Once or twice	99	9	218	8	51	11	376	8.2
5 Monthly	21	2	47	2	7	2	76	1.7
6 Weekly	32	3	46	2	12	3	91	2.0
7 Daily or almost daily	17	2	37	1	5	1	61	1.3
Valid responses =	1153	25	2884	63	469	10	4564	22.1

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.)

	Trans/Gender						Total	
	Cis Men		Cis Women		Non-conforming		Freq.	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
0 Never	61	90	101	84	12	75	176	84.2
4 Once or twice	3	4	11	9	0	0	15	7.2
5 Monthly	2	3	4	3	2	13	9	4.3
6 Weekly	1	2	3	3	1	6	5	2.4
7 Daily or almost daily	1	2	1	1	1	6	4	1.9
Valid responses =	68	33	120	57	16	8	209	1.0

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.]

	Trans/Gender						Total	
	Cis Men		Cis Women		Non-conforming		Freq.	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
0 Never	112	90	183	85	27	77	329	85.5
4 Once or twice	5	4	16	7	3	9	25	6.5
5 Monthly	5	4	4	2	2	6	11	2.9
6 Weekly	2	2	5	2	2	6	9	2.3
7 Daily or almost daily	1	1	8	4	1	3	11	2.9
Valid responses =	125	32	216	56	35	9	385	1.9

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.)

	Trans/Gender						Total	
	Cis Men		Cis Women		Non-conforming		Freq.	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
0 Never	9	64	9	69	1	20	19	54.3
4 Once or twice	4	29	0	0	0	0	4	11.4
5 Monthly	1	7	2	15	3	60	8	22.9
6 Weekly	0	0	2	15	0	0	2	5.7
7 Daily or almost daily	0	0	0	0	1	20	2	5.7
Valid responses =	14	40	13	37	5	14	35	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.)

	Trans/Gender						Total	
	Cis Men		Cis Women		Non-conforming		Freq.	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
0 Never	68	93	148	95	19	79	242	92.0
4 Once or twice	4	6	3	2	3	13	10	3.8
5 Monthly	0	0	2	1	1	4	4	1.5
6 Weekly	0	0	1	1	0	0	2	0.8
7 Daily or almost daily	1	1	2	1	1	4	5	1.9
Valid responses =	73	28	156	59	24	9	263	1.3

Invalid responses include no response.



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American College Health Association

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January 29, 2026

FREQUENCY REPORT

Number of Surveys (n) = 20623 Web Surveys

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.]

	Trans/Gender						Total	
	Cis Men		Cis Women		Non-conforming		Freq.	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
0 Never	68	87	132	84	13	68	218	82.9
4 Once or twice	4	5	11	7	1	5	17	6.5
5 Monthly	4	5	5	3	4	21	13	4.9
6 Weekly	1	1	5	3	0	0	7	2.7
7 Daily or almost daily	1	1	5	3	1	5	8	3.0
Valid responses =	78	30	158	60	19	7	263	1.3

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.)

	Trans/Gender						Total	
	Cis Men		Cis Women		Non-conforming		Freq.	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
0 Never	165	95	237	94	55	87	464	93.4
4 Once or twice	6	4	11	4	4	6	21	4.2
5 Monthly	2	1	0	0	2	3	4	0.8
6 Weekly	0	0	4	2	1	2	6	1.2
7 Daily or almost daily	0	0	0	0	1	2	2	0.4
Valid responses =	173	35	252	51	63	13	497	2.4

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

	Trans/Gender						Total	
	Cis Men		Cis Women		Non-conforming		Freq.	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
0 Never	5	50	1	20	0	0	6	28.6
4 Once or twice	0	0	0	0	0	0	0	0.0
5 Monthly	3	30	2	40	3	75	9	42.9
6 Weekly	2	20	2	40	0	0	4	19.0
7 Daily or almost daily	0	0	0	0	1	25	2	9.5
Valid responses =	10	48	5	24	4	19	21	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.]

	Trans/Gender						Total	
	Cis Men		Cis Women		Non-conforming		Freq.	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
0 Never	23	74	39	80	9	82	71	77.2
4 Once or twice	3	10	5	10	0	0	8	8.7
5 Monthly	3	10	1	2	1	9	5	5.4
6 Weekly	2	7	3	6	0	0	5	5.4
7 Daily or almost daily	0	0	1	2	1	9	3	3.3
Valid responses =	31	34	49	53	11	12	92	0.4

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

	Trans/Gender						Total	
	Cis Men		Cis Women		Non-conforming		Freq.	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
0 Never	37	77	30	73	11	92	80	76.2
4 Once or twice	6	13	5	12	0	0	11	10.5
5 Monthly	3	6	2	5	1	8	7	6.7
6 Weekly	1	2	1	2	0	0	2	1.9
7 Daily or almost daily	1	2	3	7	0	0	5	4.8
Valid responses =	48	46	41	39	12	11	105	0.5

Invalid responses include no response.



# AMERICAN COLLEGE HEALTH ASSOCIATION

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January 29, 2026

FREQUENCY REPORT

Number of Surveys (n) = 20623 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	2719	90	6501	90	712	92	10033	90.3
5 Once or twice	218	7	573	8	50	6	848	7.6
6 Monthly	44	2	76	1	9	1	132	1.2
7 Weekly	23	1	51	1	2	0	78	0.7
8 Daily or almost daily	5	0	7	0	3	0	20	0.2
Valid responses =	3009	27	7208	65	776	7	11111	53.9

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	970	84	2548	88	374	80	3937	86.1
5 Once or twice	117	10	230	8	71	15	423	9.3
6 Monthly	24	2	47	2	7	2	78	1.7
7 Weekly	34	3	44	2	11	2	94	2.1
8 Daily or almost daily	10	1	20	1	5	1	38	0.8
Valid responses =	1155	25	2889	63	468	10	4570	22.2

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	62	90	100	83	12	75	177	83.9
5 Once or twice	4	6	13	11	0	0	18	8.5
6 Monthly	2	3	2	2	2	13	7	3.3
7 Weekly	0	0	5	4	1	6	6	2.8
8 Daily or almost daily	1	1	0	0	1	6	3	1.4
Valid responses =	69	33	120	57	16	8	211	1.0

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	118	94	191	88	31	86	348	90.2
5 Once or twice	3	2	11	5	1	3	15	3.9
6 Monthly	3	2	3	1	1	3	7	1.8
7 Weekly	1	1	6	3	1	3	8	2.1
8 Daily or almost daily	0	0	5	2	2	6	8	2.1
Valid responses =	125	32	216	56	36	9	386	1.9

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	7	50	8	62	1	20	16	45.7
5 Once or twice	3	21	0	0	0	0	3	8.6
6 Monthly	3	21	2	15	2	40	8	22.9
7 Weekly	0	0	3	23	1	20	5	14.3
8 Daily or almost daily	1	7	0	0	1	20	3	8.6
Valid responses =	14	40	13	37	5	14	35	0.2

Invalid responses include no response.



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January 29, 2026

FREQUENCY REPORT

Number of Surveys (n) = 20623 Web Surveys

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	69	95	152	97	22	88	250	94.3
5 Once or twice	4	6	0	0	1	4	5	1.9
6 Monthly	0	0	2	1	1	4	5	1.9
7 Weekly	0	0	1	1	0	0	1	0.4
8 Daily or almost daily	0	0	2	1	1	4	4	1.5
Valid responses =	73	28	157	59	25	9	265	1.3

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	70	89	138	88	11	58	225	85.6
5 Once or twice	4	5	8	5	4	21	16	6.1
6 Monthly	3	4	5	3	2	11	10	3.8
7 Weekly	2	3	4	3	1	5	7	2.7
8 Daily or almost daily	0	0	2	1	1	5	5	1.9
Valid responses =	79	30	157	60	19	7	263	1.3

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	167	97	238	95	58	91	470	94.8
5 Once or twice	4	2	9	4	4	6	17	3.4
6 Monthly	1	1	2	1	0	0	3	0.6
7 Weekly	0	0	2	1	1	2	4	0.8
8 Daily or almost daily	0	0	0	0	1	2	2	0.4
Valid responses =	172	35	251	51	64	13	496	2.4

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	6	60	0	0	1	25	7	33.3
5 Once or twice	1	10	0	0	0	0	1	4.8
6 Monthly	3	30	2	40	0	0	6	28.6
7 Weekly	0	0	3	60	2	50	5	23.8
8 Daily or almost daily	0	0	0	0	1	25	2	9.5
Valid responses =	10	48	5	24	4	19	21	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	25	81	41	84	7	64	73	79.3
5 Once or twice	1	3	4	8	2	18	7	7.6
6 Monthly	2	7	1	2	1	9	4	4.3
7 Weekly	3	10	3	6	0	0	6	6.5
8 Daily or almost daily	0	0	0	0	1	9	2	2.2
Valid responses =	31	34	49	53	11	12	92	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 - Fall 2025

American College Health Association

8455 Colesville Road, Suite 740

Silver Spring, MD 20910

(410) 859-1500

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

January 29, 2026

### FREQUENCY REPORT

Number of Surveys (n) = 20623 Web Surveys

**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	40	83	33	81	10	83	85	81.0
5 Once or twice	2	4	4	10	2	17	8	7.6
6 Monthly	2	4	0	0	0	0	2	1.9
7 Weekly	2	4	3	7	0	0	6	5.7
8 Daily or almost daily	2	4	1	2	0	0	4	3.8
Valid responses =	48	46	41	39	12	11	105	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	1330	76	2960	79	293	73	4636	77.3
3 Yes, not in the past 3 months	207	12	409	11	56	14	678	11.3
6 Yes, in the past 3 months	214	12	403	11	53	13	681	11.4
Valid responses =	1751	29	3772	63	402	7	5995	29.1

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	2946	87	7192	90	765	85	11010	88.6
3 Yes, not in the past 3 months	272	8	517	7	93	10	894	7.2
6 Yes, in the past 3 months	183	5	287	4	39	4	519	4.2
Valid responses =	3401	27	7996	64	897	7	12423	60.2

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	1533	84	4020	88	543	82	6150	86.2
3 Yes, not in the past 3 months	173	10	358	8	72	11	615	8.6
6 Yes, in the past 3 months	122	7	192	4	46	7	366	5.1
Valid responses =	1828	26	4570	64	661	9	7131	34.6

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	226	84	433	81	40	73	708	81.3
3 Yes, not in the past 3 months	30	11	86	16	12	22	131	15.0
6 Yes, in the past 3 months	13	5	14	3	3	6	32	3.7
Valid responses =	269	31	533	61	55	6	871	4.2

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	347	89	622	88	70	80	1054	88.1
3 Yes, not in the past 3 months	30	8	58	8	11	13	100	8.4
6 Yes, in the past 3 months	11	3	24	3	7	8	42	3.5
Valid responses =	388	32	704	59	88	7	1196	5.8

Invalid responses include no response.



# AMERICAN COLLEGE HEALTH ASSOCIATION

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

### Reference Group Data Report - Fall 2025

American College Health Association

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Silver Spring, MD 20910

(410) 859-1500

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

January 29, 2026

### FREQUENCY REPORT

Number of Surveys (n) = 20623 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	57	70	96	62	10	59	166	63.8
3 Yes, not in the past 3 months	22	27	54	35	5	29	82	31.5
6 Yes, in the past 3 months	3	4	5	3	2	12	12	4.6
Valid responses =	82	32	155	60	17	7	260	1.3

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	217	91	367	91	78	89	674	90.5
3 Yes, not in the past 3 months	17	7	29	7	8	9	54	7.2
6 Yes, in the past 3 months	4	2	9	2	2	2	17	2.3
Valid responses =	238	32	405	54	88	12	745	3.6

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	207	86	385	81	55	71	658	81.7
3 Yes, not in the past 3 months	25	10	74	16	16	21	117	14.5
6 Yes, in the past 3 months	9	4	14	3	6	8	30	3.7
Valid responses =	241	30	473	59	77	10	805	3.9

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	490	89	882	93	153	89	1550	91.1
3 Yes, not in the past 3 months	54	10	63	7	14	8	133	7.8
6 Yes, in the past 3 months	7	1	6	1	5	3	18	1.1
Valid responses =	551	32	951	56	172	10	1701	8.2

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	27	66	30	45	3	38	63	52.5
3 Yes, not in the past 3 months	12	29	35	52	2	25	50	41.7
6 Yes, in the past 3 months	2	5	2	3	3	38	7	5.8
Valid responses =	41	34	67	56	8	7	120	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	151	79	254	77	39	65	451	76.6
3 Yes, not in the past 3 months	34	18	67	20	18	30	120	20.4
6 Yes, in the past 3 months	7	4	8	2	3	5	18	3.1
Valid responses =	192	33	329	56	60	10	589	2.9

Invalid responses include no response.



# AMERICAN COLLEGE HEALTH ASSOCIATION

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

### Reference Group Data Report - Fall 2025

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

January 29, 2026

FREQUENCY REPORT

Number of Surveys (n) = 20623 Web Surveys

#### 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

	Trans/Gender						Total
	Cis Men		Cis Women		Non-conforming		
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	
0 No, Never	59	82	61	76	15	75	138 78.4
3 Yes, not in the past 3 months	4	6	12	15	4	20	21 11.9
6 Yes, in the past 3 months	9	13	7	9	1	5	17 9.7
Valid responses =	72	41	80	45	20	11	176 0.9

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.)

	Trans/Gender						Total
	Cis Men		Cis Women		Non-conforming		
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	
0 No, Never	1269	73	2621	70	274	68	4210 70.3
3 Yes, not in the past 3 months	226	13	524	14	57	14	818 13.7
6 Yes, in the past 3 months	256	15	622	17	70	18	960 16.0
Valid responses =	1751	29	3767	63	401	7	5988 29.0

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.)

	Trans/Gender						Total
	Cis Men		Cis Women		Non-conforming		
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	
0 No, Never	3066	90	7302	91	802	90	11282 90.9
3 Yes, not in the past 3 months	162	5	361	5	54	6	587 4.7
6 Yes, in the past 3 months	169	5	330	4	38	4	545 4.4
Valid responses =	3397	27	7993	64	894	7	12414 60.2

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.]

	Trans/Gender						Total
	Cis Men		Cis Women		Non-conforming		
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	
0 No, Never	1516	83	3950	87	543	82	6062 85.1
3 Yes, not in the past 3 months	160	9	313	7	60	9	542 7.6
6 Yes, in the past 3 months	145	8	305	7	59	9	519 7.3
Valid responses =	1821	26	4568	64	662	9	7123 34.5

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.)

	Trans/Gender						Total
	Cis Men		Cis Women		Non-conforming		
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	
0 No, Never	236	88	454	85	43	78	744 85.4
3 Yes, not in the past 3 months	27	10	71	13	10	18	110 12.6
6 Yes, in the past 3 months	6	2	8	2	2	4	17 2.0
Valid responses =	269	31	533	61	55	6	871 4.2

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.]

	Trans/Gender						Total
	Cis Men		Cis Women		Non-conforming		
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	
0 No, Never	361	93	627	90	73	83	1075 90.2
3 Yes, not in the past 3 months	22	6	53	8	8	9	85 7.1
6 Yes, in the past 3 months	6	2	19	3	7	8	32 2.7
Valid responses =	389	33	699	59	88	7	1192 5.8

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.)

	Trans/Gender						Total
	Cis Men		Cis Women		Non-conforming		
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	
0 No, Never	61	74	103	67	11	65	178 68.7
3 Yes, not in the past 3 months	19	23	49	32	3	18	72 27.8
6 Yes, in the past 3 months	2	2	2	1	3	18	9 3.5
Valid responses =	82	32	154	59	17	7	259 1.3

Invalid responses include no response.



# AMERICAN COLLEGE HEALTH ASSOCIATION

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

### Reference Group Data Report - Fall 2025

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

January 29, 2026

FREQUENCY REPORT

Number of Surveys (n) = 20623 Web Surveys

**22O7) 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	215	91	372	92	78	90	677	91.4
3 Yes, not in the past 3 months	16	7	22	6	7	8	46	6.2
6 Yes, in the past 3 months	6	3	9	2	2	2	18	2.4
Valid responses =	237	32	403	54	87	12	741	3.6

Invalid responses include no response.

**22O8) 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	209	86	403	86	61	78	684	85.1
3 Yes, not in the past 3 months	25	10	56	12	8	10	92	11.4
6 Yes, in the past 3 months	8	3	11	2	9	12	28	3.5
Valid responses =	242	30	470	58	78	10	804	3.9

Invalid responses include no response.

**22O9) 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	523	94	907	95	160	93	1616	94.6
3 Yes, not in the past 3 months	27	5	38	4	8	5	74	4.3
6 Yes, in the past 3 months	5	1	8	1	5	3	18	1.1
Valid responses =	555	32	953	56	173	10	1708	8.3

Invalid responses include no response.

**22O10) 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	26	62	30	46	4	50	63	52.9
3 Yes, not in the past 3 months	13	31	33	51	2	25	49	41.2
6 Yes, in the past 3 months	3	7	2	3	2	25	7	5.9
Valid responses =	42	35	65	55	8	7	119	0.6

Invalid responses include no response.

**22O11) 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	158	82	262	80	46	78	474	80.6
3 Yes, not in the past 3 months	28	15	62	19	10	17	100	17.0
6 Yes, in the past 3 months	6	3	5	2	3	5	14	2.4
Valid responses =	192	33	329	56	59	10	588	2.9

Invalid responses include no response.

**22O12) 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	57	79	66	83	16	80	142	80.7
3 Yes, not in the past 3 months	6	8	10	13	2	10	19	10.8
6 Yes, in the past 3 months	9	13	4	5	2	10	15	8.5
Valid responses =	72	41	80	45	20	11	176	0.9

Invalid responses include no response.



# AMERICAN COLLEGE HEALTH ASSOCIATION

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

Reference Group Data Report - Fall 2025

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January 29, 2026

FREQUENCY REPORT

Number of Surveys (n) = 20623 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	3583	99	8279	99	952	99	12945	99.0
1 Yes, not in the past 3 months	29	1	55	1	8	1	95	0.7
2 Yes, in the past 3 months	16	0	13	0	6	1	39	0.3
Valid responses =	3628	28	8347	64	966	7	13079	63.4

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	12	75	9	82	3	60	26	74.3
1 More than once per week	4	25	2	18	2	40	9	25.7
Valid responses =	16	46	11	31	5	14	35	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)

Cigarettes

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	575	46	1244	50	93	37	1933	47.7
2 Yes	672	54	1263	50	158	63	2121	52.3
Valid responses =	1247	31	2507	62	251	6	4054	19.7

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)

E-cigarettes or other vape products (for example: Vuse, Elf Bar, Breeze, Juul, etc.)

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	574	46	599	24	74	30	1259	31.1
2 Yes	667	54	1915	76	175	70	2795	68.9
Valid responses =	1241	31	2514	62	249	6	4054	19.7

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)

Hookah or water pipe

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	1134	92	2382	95	240	96	3798	94.1
2 Yes	101	8	117	5	10	4	236	5.9
Valid responses =	1235	31	2499	62	250	6	4034	19.6

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)

Chewing or smokeless tobacco

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	1130	91	2458	98	243	98	3873	95.8
2 Yes	110	9	48	2	5	2	170	4.2
Valid responses =	1240	31	2506	62	248	6	4043	19.6

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)

Cigars, cigarillos, or little cigars (for example: Black & Mild, Swisher Sweets, etc.)

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	866	70	2340	94	215	86	3459	85.6
2 Yes	376	30	162	7	34	14	584	14.4
Valid responses =	1242	31	2502	62	249	6	4043	19.6

Invalid responses include no response.

23G) 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)

Pipe tobacco, rolling tobacco, or other loose tobacco

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	1102	91	2405	97	222	90	3771	94.5
2 Yes	116	10	72	3	25	10	220	5.5
Valid responses =	1218	31	2477	62	247	6	3991	19.4

Invalid responses include no response.



# AMERICAN COLLEGE HEALTH ASSOCIATION

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

### Reference Group Data Report - Fall 2025

American College Health Association

8455 Colesville Road, Suite 740

Silver Spring, MD 20910

(410) 859-1500

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

January 29, 2026

### FREQUENCY REPORT

Number of Surveys (n) = 20623 Web Surveys

23H) 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)  
Heated tobacco products (HTPs) (for example: IQOS, etc.)

	Cis Men			Cis Women			Trans/Gender Non-conforming			Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	
1 No	1199	99	2459	99	246	99	3948	99.1			
2 Yes	12	1	19	1	2	1	37	0.9	I		
Valid responses =	1211	30	2478	62	248	6	3985	19.3			

Invalid responses include no response.

23I) 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)  
Nicotine pouches (for example: Zyn, On!, Rogue, etc.)

	Cis Men			Cis Women			Trans/Gender Non-conforming			Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	
1 No	703	57	1953	79	206	83	2894	72.3			
2 Yes	521	43	529	21	41	17	1108	27.7	I		
Valid responses =	1224	31	2482	62	247	6	4002	19.4			

Invalid responses include no response.

23J) 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)  
Other oral nicotine products (for example: gum, lozenges, mints, etc.)

	Cis Men			Cis Women			Trans/Gender Non-conforming			Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	
1 No	1155	95	2382	96	234	95	3812	95.5			
2 Yes	62	5	99	4	13	5	180	4.5	I		
Valid responses =	1217	30	2481	62	247	6	3992	19.4			

Invalid responses include no response.

23K) 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)  
Nicotine patches

	Cis Men			Cis Women			Trans/Gender Non-conforming			Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	
1 No	1192	98	2418	98	238	97	3890	97.9			
2 Yes	23	2	49	2	7	3	84	2.1	I		
Valid responses =	1215	31	2467	62	245	6	3974	19.3			

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)  
Other

	Cis Men			Cis Women			Trans/Gender Non-conforming			Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	
1 No	826	99	1632	100	152	99	2635	99.1			
2 Yes	9	1	8	1	2	1	23	0.9	I		
Valid responses =	835	31	1640	62	154	6	2658	12.9			

Invalid responses include no response.

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.	Freq.	Pct.	
1 Never	3867	64	7385	58	738	50	12154	59.4			
2 Within the last 2 weeks	740	12	1803	14	324	22	2909	14.2	I		
3 More than 2 weeks but within 30 days	174	3	432	3	64	4	679	3.3	I		
4 More than 30 days but within 3 months	221	4	603	5	91	6	924	4.5	I		
5 More than 3 months but within 12 months	309	5	772	6	107	7	1197	5.9	I		
6 More than 12 months ago	703	12	1719	14	152	10	2595	12.7	I		
Valid responses =	6014	29	12714	62	1476	7	20458	99.2			

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.	Freq.	Pct.	
1 Never	2104	35	3575	28	442	30	6222	30.4			
2 Within the last 2 weeks	2274	38	5250	41	484	33	8091	39.5	I		
3 More than 2 weeks but within 30 days	429	7	1215	10	141	10	1803	8.8	I		
4 More than 30 days but within 3 months	428	7	1008	8	171	12	1625	7.9	I		
5 More than 3 months but within 12 months	386	6	882	7	131	9	1418	6.9	I		
6 More than 12 months ago	393	7	789	6	106	7	1301	6.4	I		
Valid responses =	6014	29	12719	62	1475	7	20460	99.2			

Invalid responses include no response.



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January 29, 2026

FREQUENCY REPORT

Number of Surveys (n) = 20623 Web Surveys

**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	1891	60	4537	61	482	61	6985	60.7
2 Yes	1240	40	2932	39	313	39	4528	39.3
Valid responses =	3131	27	7469	65	795	7	11513	55.8

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	1860	60	4432	59	440	55	6805	59.2
2 Yes	1265	41	3031	41	355	45	4695	40.8
Valid responses =	3125	27	7463	65	795	7	11500	55.8

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	92	3	138	2	23	3	259	2.3
1 1 to 2 Drinks	1282	41	3784	51	421	54	5545	48.7
2 3 to 4 Drinks	669	22	1993	27	214	27	2902	25.5
3 5 to 6 Drinks	487	16	976	13	78	10	1550	13.6
4 7 to 8 Drinks	246	8	321	4	26	3	599	5.3
5 9 to 10 Drinks	148	5	115	2	13	2	277	2.4
6 11 or More Drinks	177	6	58	1	7	1	250	2.2
Total	3101	27	7385	65	782	7	11382	55.2

Invalid responses include no response.

	Mean	Median	Std Dev	Min	Max
Cis Men	4.19	3.00	4.23	0	60
Cis Women	2.97	2.00	2.29	0	40
Trans/Gender Non-conforming	2.75	2.00	2.38	0	25
Overall	3.29	2.00	3.04	0	60

**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	128	4	203	3	43	6	381	3.3
1 1 to 2 Hours	1234	40	2934	40	335	43	4552	40.0
2 3 to 4 Hours	1068	34	2614	35	267	34	3986	35.0
3 5 to 6 Hours	502	16	1301	18	116	15	1933	17.0
4 7 to 8 Hours	109	4	235	3	21	3	367	3.2
5 9 to 10 Hours	34	1	55	1	2	0	91	0.8
6 11 or More Hours	26	1	44	1	2	0	75	0.7
Total	3101	27	7386	65	786	7	11385	55.2

Invalid responses include no response.

	Mean	Median	Std Dev	Min	Max
Cis Men	3.16	3.00	2.41	0	50
Cis Women	3.18	3.00	2.18	0	50
Trans/Gender Non-conforming	2.86	3.00	1.92	0	16
Overall	3.15	3.00	2.24	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	1025	45	2667	51	276	57	4008	49.7
2 1 time	527	23	1266	24	128	26	1939	24.0
3 2 times	359	16	664	13	45	9	1076	13.3
4 3 times	143	6	272	5	9	2	427	5.3
5 4 times	101	5	224	4	16	3	347	4.3
6 5 times	49	2	75	1	4	1	128	1.6
7 6 times	29	1	31	1	1	0	62	0.8
8 7 times	10	0	7	0	0	0	17	0.2
9 8 times	4	0	8	0	1	0	13	0.2
10 9 times	3	0	5	0	0	0	9	0.1
11 10 or more times	16	1	18	0	4	1	41	0.5
Total	2266	28	5237	65	484	6	8067	39.1

Invalid responses include no response.



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January 29, 2026

FREQUENCY REPORT

Number of Surveys (n) = 20623 Web Surveys

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	2967	85	6832	82	800	87	10704	83.0
2 Yes	538	15	1500	18	125	14	2191	17.0
Valid responses =	3505	27	8332	65	925	7	12895	62.5

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	3182	91	7530	91	868	94	11695	90.8
2 Yes	321	9	795	10	57	6	1192	9.2
Valid responses =	3503	27	8325	65	925	7	12887	62.5

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	2925	83	6640	80	776	84	10449	81.1
2 Yes	581	17	1685	20	150	16	2441	18.9
Valid responses =	3506	27	8325	65	926	7	12890	62.5

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	3485	99	8282	99	919	99	12815	99.3
2 Yes	23	1	50	1	7	1	85	0.7
Valid responses =	3508	27	8332	65	926	7	12900	62.6

Invalid responses include no response.

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	3477	99	8275	99	918	99	12798	99.3
2 Yes	29	1	51	1	7	1	93	0.7
Valid responses =	3506	27	8326	65	925	7	12891	62.5

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	3486	99	8223	99	908	98	12746	98.8
2 Yes	20	1	111	1	17	2	153	1.2
Valid responses =	3506	27	8334	65	925	7	12899	62.5

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	3502	100	8325	100	924	100	12879	99.8
2 Yes	8	0	8	0	2	0	23	0.2
Valid responses =	3510	27	8333	65	926	7	12902	62.6

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	3139	90	7420	89	855	93	11532	89.4
2 Yes	369	11	914	11	69	8	1368	10.6
Valid responses =	3508	27	8334	65	924	7	12900	62.6

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	3330	95	7787	94	866	94	12105	93.9
2 Yes	180	5	538	7	59	6	789	6.1
Valid responses =	3510	27	8325	65	925	7	12894	62.5

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	3492	100	8308	100	918	99	12846	99.6
2 Yes	14	0	27	0	8	1	54	0.4
Valid responses =	3506	27	8335	65	926	7	12900	62.6

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	3422	98	8129	98	859	93	12534	97.2
2 Yes	85	2	203	2	67	7	365	2.8
Valid responses =	3507	27	8332	65	926	7	12899	62.5

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	3464	99	8226	99	912	99	12732	98.8
2 Yes	35	1	97	1	13	1	149	1.2
Valid responses =	3499	27	8323	65	925	7	12881	62.5

Invalid responses include no response.

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	1880	85	4791	90	419	89	7159	88.6
2 Yes	341	15	523	10	51	11	922	11.4
Valid responses =	2221	27	5314	66	470	6	8081	39.2

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)

Trans/Gender

	Cis Men		Cis Women		Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Alcohol use did not affect academic performance	3396	97	8144	98	890	96	12558	97.4
2 Alcohol use negatively impacted performance in class	97	3	132	2	28	3	261	2.0
3 Alcohol use delayed progress towards degree	14	0	46	1	6	1	68	0.5
Valid responses =	3507	27	8322	65	924	7	12887	62.5

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	484	69	1343	76	190	69	2041	73.4
2 Yes	223	32	420	24	84	31	741	26.6
Valid responses =	707	25	1763	63	274	10	2782	13.5

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	1221	91	3238	95	475	90	4990	93.4
2 Marijuana use negatively impacted performance in class	101	8	141	4	41	8	288	5.4
3 Marijuana use delayed progress towards degree	18	1	31	1	14	3	66	1.2
Valid responses =	1340	25	3410	64	530	10	5344	25.9

Invalid responses include no response.



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January 29, 2026

FREQUENCY REPORT

Number of Surveys (n) = 20623 Web Surveys

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	3776	97	8844	97	977	95	13742	96.6
2 Yes	134	3	288	3	53	5	483	3.4
Valid responses =	3910	27	9132	64	1030	7	14225	69.0

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	2738	46	5216	42	665	45	8731	43.1
2 Within the last 2 weeks	1396	23	3279	26	294	20	5029	24.8
3 More than 2 weeks but within 30 days	377	6	940	8	100	7	1428	7.1
4 More than 30 days but within 3 months	440	7	979	8	119	8	1552	7.7
5 More than 3 months but within 12 months	463	8	1061	8	131	9	1674	8.3
6 More than 12 months ago	565	9	1087	9	158	11	1825	9.0
Valid responses =	5979	30	12562	62	1467	7	20239	98.1

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	2997	50	5369	43	854	58	9351	46.2
2 Within the last 2 weeks	1454	24	3970	32	246	17	5722	28.3
3 More than 2 weeks but within 30 days	281	5	770	6	60	4	1120	5.5
4 More than 30 days but within 3 months	372	6	716	6	73	5	1171	5.8
5 More than 3 months but within 12 months	370	6	822	7	92	6	1298	6.4
6 More than 12 months ago	500	8	918	7	141	10	1571	7.8
Valid responses =	5974	30	12565	62	1466	7	20233	98.1

Invalid responses include no response.

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	4985	84	10656	85	1198	82	17031	84.4
2 Within the last 2 weeks	159	3	136	1	29	2	334	1.7
3 More than 2 weeks but within 30 days	75	1	77	1	22	2	175	0.9
4 More than 30 days but within 3 months	103	2	217	2	28	2	353	1.7
5 More than 3 months but within 12 months	174	3	322	3	58	4	557	2.8
6 More than 12 months ago	461	8	1134	9	129	9	1739	8.6
Valid responses =	5957	30	12542	62	1464	7	20189	97.9

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	16	1	24	0	2	0	44	0.4
1 1 Partner	2182	75	5435	78	505	75	8199	76.9
2 2 Partners	315	11	752	11	74	11	1153	10.8
3 3 Partners	154	5	362	5	41	6	561	5.3
4 4 Partners	77	3	140	2	15	2	233	2.2
5 5 Partners	59	2	111	2	13	2	188	1.8
6 6 Partners	31	1	45	1	8	1	84	0.8
7 7 Partners	20	1	36	1	3	0	59	0.6
8 8 to 10 Partners	25	1	40	1	4	1	69	0.6
9 11 or More Partners	40	1	16	0	10	2	69	0.6
Valid responses =	2919	27	6961	65	675	6	10659	51.7

Invalid responses include no response.

	Mean	Median	Std Dev	Min	Max
Cis Men	1.87	1.00	3.7	0	80
Cis Women	1.47	1.00	1.32	0	20
Trans/Gender Non-conforming	1.81	1.00	2.9	0	37
Overall	1.61	1.00	2.39	0	80



## 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

	Trans/Gender						Total	
	Cis Men		Cis Women		Non-conforming			
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 No	264	9	6335	92	445	67	7098 67.4	
2 Yes	2629	91	536	8	216	33	3428 32.6	
Valid responses =	2893	27	6871	65	661	6	10526 51.0	

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

	Trans/Gender						Total	
	Cis Men		Cis Women		Non-conforming			
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 No	2578	91	459	7	269	41	3355 31.9	
2 Yes	266	9	6456	93	390	59	7163 68.1	
Valid responses =	2844	27	6915	66	659	6	10518 51.0	

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

	Trans/Gender						Total	
	Cis Men		Cis Women		Non-conforming			
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 No	2814	99	6800	99	571	88	10281 98.6	
2 Yes	23	1	45	1	79	12	150 1.4	
Valid responses =	2837	27	6845	66	650	6	10431 50.6	

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

	Trans/Gender						Total	
	Cis Men		Cis Women		Non-conforming			
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 No	2806	99	6787	99	564	86	10252 98.4	
2 Yes	30	1	48	1	89	14	171 1.6	
Valid responses =	2836	27	6835	66	653	6	10423 50.5	

Invalid responses include no response.

## 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

	Trans/Gender						Total	
	Cis Men		Cis Women		Non-conforming			
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 No	2762	97	6760	99	509	78	10125 97.0	
2 Yes	74	3	84	1	148	23	311 3.0	
Valid responses =	2836	27	6844	66	657	6	10436 50.6	

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

	Trans/Gender						Total	
	Cis Men		Cis Women		Non-conforming			
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 No	2808	99	6797	99	563	87	10261 98.5	
2 Yes	24	1	43	1	81	13	154 1.5	
Valid responses =	2832	27	6840	66	644	6	10415 50.5	

Invalid responses include no response.

## R36A) Within the last 30 days, how often did you or your partner(s) use a condom or other protective barrier (for example: external/male condom, internal/female condom, dam, or glove) during: (only includes students that have had vaginal intercourse within the last 30 days)

Oral sex (oral/genital contact?)

	Trans/Gender						Total	
	Cis Men		Cis Women		Non-conforming			
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 Never	1536	87	3756	89	350	89	5697 88.6	
2 Rarely	70	4	139	3	15	4	226 3.5	
3 Sometimes	49	3	111	3	14	4	178 2.8	
4 Most of the time	36	2	68	2	5	1	112 1.7	
5 Always	77	4	129	3	9	2	217 3.4	
Valid responses =	1768	27	4203	65	393	6	6430 31.2	

Invalid responses include no response.



# AMERICAN COLLEGE HEALTH ASSOCIATION

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

### Reference Group Data Report - Fall 2025

American College Health Association

8455 Colesville Road, Suite 740

Silver Spring, MD 20910

(410) 859-1500

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

January 29, 2026

### FREQUENCY REPORT

Number of Surveys (n) = 20623 Web Surveys

**R36B) Within the last 30 days, how often did you or your partner(s) use a condom or other protective barrier (for example: external/male condom, internal/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.	Freq.	Pct.	
1 Never	716	41	2237	47	113	37	3099	45.5	3099	45.5	
2 Rarely	126	7	365	8	38	13	531	7.8	531	7.8	
3 Sometimes	161	9	411	9	28	9	603	8.9	603	8.9	
4 Most of the time	255	15	566	12	51	17	879	12.9	879	12.9	
5 Always	470	27	1138	24	75	25	1695	24.9	1695	24.9	
Valid responses =	1728	25	4717	69	305	4	6807	33.0			

Invalid responses include no response.

**R36C) Within the last 30 days, how often did you or your partner(s) use a condom or other protective barrier (for example: external/male condom, internal/female condom, dam, or glove) during: (only includes students that have had vaginal 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.	Freq.	Pct.	
1 Never	110	47	159	75	27	53	299	58.7	299	58.7	
2 Rarely	29	12	11	5	4	8	45	8.8	45	8.8	
3 Sometimes	21	9	7	3	5	10	36	7.1	36	7.1	
4 Most of the time	26	11	8	4	2	4	37	7.3	37	7.3	
5 Always	48	21	28	13	13	26	92	18.1	92	18.1	
Valid responses =	234	46	213	42	51	10	509	2.5			

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.	Freq.	Pct.	
1 Yes	1869	76	4976	79	385	82	7288	78.5	7288	78.5	
2 No, not want prevent pregnancy	105	4	208	3	5	1	324	3.5	324	3.5	
3 No, did not use any method	428	17	1025	16	73	16	1539	16.6	1539	16.6	
4 Don't know	72	3	56	1	7	2	136	1.5	136	1.5	
Valid responses =	2474	27	6265	67	470	5	9287	45.0			

Invalid responses include no response.

**R38A) 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.	Freq.	Pct.	
0 Not selected	1197	64	3234	65	278	72	4750	65.2	4750	65.2	
1 Selected	672	36	1742	35	107	28	2538	34.8	2538	34.8	
Valid responses =	1869	26	4976	68	385	5	7288	35.3			

Invalid responses include no response.

**R38B) 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.	Freq.	Pct.	
0 Not selected	1839	98	4917	99	373	97	7187	98.6	7187	98.6	
1 Selected	30	2	59	1	12	3	101	1.4	101	1.4	
Valid responses =	1869	26	4976	68	385	5	7288	35.3			

Invalid responses include no response.

**R38C) 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.	Freq.	Pct.	
0 Not selected	1703	91	4561	92	340	88	6658	91.4	6658	91.4	
1 Selected	166	9	415	8	45	12	630	8.6	630	8.6	
Valid responses =	1869	26	4976	68	385	5	7288	35.3			

Invalid responses include no response.



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January 29, 2026

### FREQUENCY REPORT

Number of Surveys (n) = 20623 Web Surveys

**R38D) 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	1841	99	4912	99	381	99	7191	98.7
1 Selected	28	2	64	1	4	1	97	1.3
Valid responses =	1869	26	4976	68	385	5	7288	35.3

Invalid responses include no response.

**R38E) 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	1843	99	4896	98	381	99	7176	98.5
1 Selected	26	1	80	2	4	1	112	1.5
Valid responses =	1869	26	4976	68	385	5	7288	35.3

Invalid responses include no response.

**R38F) 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	1750	94	4654	94	363	94	6819	93.6
1 Selected	119	6	322	7	22	6	469	6.4
Valid responses =	1869	26	4976	68	385	5	7288	35.3

Invalid responses include no response.

**R38G) 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	1606	86	4086	82	315	82	6058	83.1
1 Selected	263	14	890	18	70	18	1230	16.9
Valid responses =	1869	26	4976	68	385	5	7288	35.3

Invalid responses include no response.

**R38H) 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)**

External condom (sometimes called "male" condom)

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
0 Not selected	871	47	2666	54	172	45	3740	51.3
1 Selected	998	53	2310	46	213	55	3548	48.7
Valid responses =	1869	26	4976	68	385	5	7288	35.3

Invalid responses include no response.

**R38I) 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)**

Internal condom (sometimes called "female" condom)

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
0 Not selected	1861	100	4957	100	381	99	7256	99.6
1 Selected	8	0	19	0	4	1	32	0.4
Valid responses =	1869	26	4976	68	385	5	7288	35.3

Invalid responses include no response.

**R38J) 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	1865	100	4973	100	385	100	7281	99.9
1 Selected	4	0	3	0	0	0	7	0.1
Valid responses =	1869	26	4976	68	385	5	7288	35.3

Invalid responses include no response.



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January 29, 2026

### FREQUENCY REPORT

Number of Surveys (n) = 20623 Web Surveys

**R38K) 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	1867	100	4976	100	385	100	7286	100.0
1 Selected	2	0	0	0	0	0	2	0.0
Valid responses =	1869	26	4976	68	385	5	7288	35.3

Invalid responses include no response.

**R38L) 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	1558	83	3875	78	317	82	5799	79.6
1 Selected	311	17	1101	22	68	18	1489	20.4
Valid responses =	1869	26	4976	68	385	5	7288	35.3

Invalid responses include no response.

**R38M) 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	1789	96	4618	93	360	94	6823	93.6
1 Selected	80	4	358	7	25	7	465	6.4
Valid responses =	1869	26	4976	68	385	5	7288	35.3

Invalid responses include no response.

**R38N) 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	1804	97	4711	95	350	91	6921	95.0
1 Selected	65	4	265	5	35	9	367	5.0
Valid responses =	1869	26	4976	68	385	5	7288	35.3

Invalid responses include no response.

**R38O) 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	1831	98	4960	100	384	100	7232	99.2
1 Selected	38	2	16	0	1	0	56	0.8
Valid responses =	1869	26	4976	68	385	5	7288	35.3

Invalid responses include no response.

**R38P) 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	1842	99	4909	99	377	98	7186	98.6
1 Selected	27	1	67	1	8	2	102	1.4
Valid responses =	1869	26	4976	68	385	5	7288	35.3

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	1945	79	4968	79	364	78	7332	79.2
2 Yes	394	16	1153	18	82	18	1642	17.7
3 Don't know	77	3	21	0	5	1	107	1.2
4 Not applicable	49	2	112	2	17	4	180	1.9
Valid responses =	2465	27	6254	68	468	5	9261	44.9

Invalid responses include no response.



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January 29, 2026

### FREQUENCY REPORT

Number of Surveys (n) = 20623 Web Surveys

#### 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	2374	96	6069	97	449	96	8964	96.6
2 Yes, unintentionally	24	1	93	2	10	2	129	1.4
3 Yes, intentionally	51	2	83	1	4	1	140	1.5
4 Don't know	24	1	20	0	5	1	51	0.5
Valid responses =	2473	27	6265	67	468	5	9284	45.0

Invalid responses include no response.

#### 40B) Within the last 12 months, to what extent did your pregnancy (or a partner's pregnancy) affect your academic performance?

(Please select the most serious outcome below) (only includes students or students with partners that have become pregnant in the last 12 months)

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Pregnancy did not affect my academics	58	77	103	59	8	62	171	64.3
2 Pregnancy negatively impacted my performance in a class	13	17	41	24	4	31	59	22.2
3 Pregnancy delayed progress towards my degree	4	5	30	17	1	8	36	13.5
Valid responses =	75	28	174	65	13	5	266	1.3

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	156	3	135	1	48	3	354	1.7
2 Disagree	233	4	283	2	119	8	652	3.2
3 Slightly disagree	235	4	415	3	117	8	780	3.8
4 Neither agree nor disagree	515	9	1019	8	205	14	1779	8.7
5 Slightly agree	1082	18	2343	18	354	24	3823	18.7
6 Agree	2224	37	5251	41	435	30	7981	39.0
7 Strongly agree	1573	26	3279	26	197	13	5092	24.9
Valid responses =	6018	29	12725	62	1475	7	20461	99.2

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	107	2	127	1	20	1	270	1.3
2 Disagree	150	3	253	2	48	3	457	2.2
3 Slightly disagree	232	4	389	3	88	6	722	3.5
4 Neither agree nor disagree	447	7	747	6	108	7	1333	6.5
5 Slightly agree	1129	19	2202	17	309	21	3681	18.0
6 Agree	2485	41	5400	42	595	40	8566	41.9
7 Strongly agree	1460	24	3603	28	306	21	5417	26.5
Valid responses =	6010	29	12721	62	1474	7	20446	99.1

Invalid responses include no response.

#### 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	121	2	156	1	38	3	325	1.6
2 Disagree	228	4	427	3	111	8	787	3.8
3 Slightly disagree	334	6	688	5	141	10	1187	5.8
4 Neither agree nor disagree	448	7	992	8	153	10	1625	7.9
5 Slightly agree	1359	23	3003	24	434	29	4854	23.7
6 Agree	2312	38	5041	40	435	30	7858	38.4
7 Strongly agree	1213	20	2403	19	164	11	3806	18.6
Valid responses =	6015	29	12710	62	1476	7	20442	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 - Fall 2025

American College Health Association

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Silver Spring, MD 20910

(410) 859-1500

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

January 29, 2026

### FREQUENCY REPORT

Number of Surveys (n) = 20623 Web Surveys

#### 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.

	Trans/Gender						Total	
	Cis Men		Cis Women		Non-conforming			
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Strongly disagree	70	1	81	1	24	2	188	0.9
2 Disagree	115	2	148	1	41	3	313	1.5
3 Slightly disagree	147	2	209	2	63	4	428	2.1
4 Neither agree nor disagree	545	9	866	7	141	10	1592	7.8
5 Slightly agree	1248	21	2323	18	412	28	4019	19.7
6 Agree	2393	40	5632	44	538	36	8659	42.4
7 Strongly agree	1495	25	3456	27	257	17	5245	25.7
Valid responses =	6013	29	12715	62	1476	7	20444	99.1

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.

	Trans/Gender						Total	
	Cis Men		Cis Women		Non-conforming			
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Strongly disagree	81	1	85	1	25	2	201	1.0
2 Disagree	108	2	129	1	56	4	303	1.5
3 Slightly disagree	161	3	306	2	94	6	577	2.8
4 Neither agree nor disagree	290	5	665	5	100	7	1081	5.3
5 Slightly agree	949	16	2000	16	369	25	3364	16.4
6 Agree	2562	43	5836	46	549	37	9032	44.2
7 Strongly agree	1866	31	3700	29	279	19	5892	28.8
Valid responses =	6017	29	12721	62	1472	7	20450	99.2

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.

	Trans/Gender						Total	
	Cis Men		Cis Women		Non-conforming			
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Strongly disagree	90	2	90	1	32	2	222	1.1
2 Disagree	117	2	130	1	59	4	312	1.5
3 Slightly disagree	191	3	289	2	112	8	603	2.9
4 Neither agree nor disagree	596	10	893	7	234	16	1767	8.6
5 Slightly agree	984	16	1841	15	319	22	3184	15.6
6 Agree	2336	39	5533	44	482	33	8437	41.3
7 Strongly agree	1700	28	3946	31	238	16	5926	29.0
Valid responses =	6014	29	12722	62	1476	7	20451	99.2

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.

	Trans/Gender						Total	
	Cis Men		Cis Women		Non-conforming			
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Strongly disagree	199	3	222	2	107	7	546	2.7
2 Disagree	200	3	311	2	120	8	652	3.2
3 Slightly disagree	312	5	611	5	179	12	1120	5.5
4 Neither agree nor disagree	546	9	913	7	186	13	1682	8.2
5 Slightly agree	1018	17	2206	17	332	23	3595	17.6
6 Agree	1961	33	4676	37	346	23	7051	34.5
7 Strongly agree	1781	30	3782	30	206	14	5806	28.4
Valid responses =	6017	29	12721	62	1476	7	20452	99.2

Invalid responses include no response.



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January 29, 2026

### FREQUENCY REPORT

Number of Surveys (n) = 20623 Web Surveys

#### 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.

	Trans/Gender						Total
	Cis Men		Cis Women		Non-conforming		
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	
1 Strongly disagree	95	2	111	1	35	2	254 1.2
2 Disagree	120	2	189	2	54	4	370 1.8
3 Slightly disagree	218	4	417	3	146	10	799 3.9
4 Neither agree nor disagree	810	14	1412	11	290	20	2557 12.5
5 Slightly agree	1122	19	2373	19	354	24	3895 19.1
6 Agree	2427	40	5575	44	457	31	8542 41.8
7 Strongly agree	1219	20	2639	21	140	10	4026 19.7
Valid responses =	6011	29	12716	62	1476	7	20443 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>

	Trans/Gender						Total
	Cis Men		Cis Women		Non-conforming		
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	
0 Not at all true	63	1	92	1	17	1	183 0.9
1 Rarely true	150	3	329	3	83	6	569 2.8
2 Sometimes true	1073	18	2935	23	507	34	4593 22.4
3 Often true	2835	47	6148	48	610	41	9700 47.4
4 True nearly all the time	1894	32	3225	25	258	18	5414 26.5
Valid responses =	6015	29	12729	62	1475	7	20459 99.2

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>

	Trans/Gender						Total
	Cis Men		Cis Women		Non-conforming		
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	
0 Not at all true	80	1	120	1	37	3	243 1.2
1 Rarely true	176	3	473	4	108	7	765 3.8
2 Sometimes true	955	16	2822	22	434	30	4281 21.0
3 Often true	2538	42	5573	44	569	39	8785 43.1
4 True nearly all the time	2238	37	3691	29	325	22	6299 30.9
Valid responses =	5987	29	12679	62	1473	7	20373 98.8

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?

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?

	Trans/Gender						Total
	Cis Men		Cis Women		Non-conforming		
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	
1 No	2113	35	2267	18	237	16	4689 23.0
2 Yes	3878	65	10420	82	1232	84	15687 77.0
Valid responses =	5991	29	12687	62	1469	7	20376 98.8

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?

	Trans/Gender						Total
	Cis Men		Cis Women		Non-conforming		
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	
0 None of the time	589	10	571	5	35	2	1203 5.9
1 A little of the time	1826	30	2567	20	202	14	4648 22.7
2 Some of the time	2353	39	4987	39	500	34	7930 38.7
3 Most of the time	884	15	3141	25	503	34	4584 22.4
4 All of the time	370	6	1463	12	235	16	2104 10.3
Valid responses =	6022	29	12729	62	1475	7	20469 99.3

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?

	Trans/Gender						Total
	Cis Men		Cis Women		Non-conforming		
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	
0 None of the time	2525	42	4563	36	247	17	7396 36.2
1 A little of the time	1730	29	3827	30	445	30	6066 29.7
2 Some of the time	1195	20	3077	24	500	34	4846 23.7
3 Most of the time	392	7	912	7	202	14	1532 7.5
4 All of the time	167	3	331	3	82	6	595 2.9
Valid responses =	6009	29	12710	62	1476	7	20435 99.1

Invalid responses include no response.



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January 29, 2026

### FREQUENCY REPORT

Number of Surveys (n) = 20623 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	1214	20	1797	14	76	5	3113	15.2
1 A little of the time	1593	27	3068	24	227	15	4948	24.2
2 Some of the time	1774	30	4056	32	439	30	6344	31.0
3 Most of the time	958	16	2569	20	441	30	4018	19.7
4 All of the time	467	8	1224	10	292	20	2011	9.8
Valid responses =	6006	29	12714	62	1475	7	20434	99.1

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	3272	55	5717	45	412	28	9484	46.4
1 A little of the time	1535	26	3817	30	472	32	5891	28.8
2 Some of the time	850	14	2301	18	403	27	3607	17.6
3 Most of the time	231	4	660	5	139	9	1053	5.2
4 All of the time	120	2	226	2	46	3	404	2.0
Valid responses =	6008	29	12721	62	1472	7	20439	99.1

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	1766	29	2753	22	126	9	4685	22.9
1 A little of the time	1722	29	3561	28	291	20	5632	27.6
2 Some of the time	1466	24	3486	27	423	29	5440	26.6
3 Most of the time	709	12	1931	15	364	25	3047	14.9
4 All of the time	350	6	976	8	268	18	1627	8.0
Valid responses =	6013	29	12707	62	1472	7	20431	99.1

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	3570	59	7081	56	509	35	11260	55.1
1 A little of the time	1205	20	2901	23	359	24	4520	22.1
2 Some of the time	762	13	1769	14	330	22	2906	14.2
3 Most of the time	292	5	626	5	166	11	1107	5.4
4 All of the time	191	3	327	3	110	8	641	3.1
Valid responses =	6020	29	12704	62	1474	7	20434	99.1

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	2436	41	5206	41	392	27	8102	39.6
2 Some of the time	2358	39	5587	44	726	49	8790	43.0
3 Often	1225	20	1925	15	358	24	3558	17.4
Valid responses =	6019	29	12718	62	1476	7	20450	99.2

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	2627	44	4619	36	363	25	7676	37.5
2 Some of the time	2546	42	6009	47	741	50	9415	46.1
3 Often	843	14	2089	16	372	25	3353	16.4
Valid responses =	6016	29	12717	62	1476	7	20444	99.1

Invalid responses include no response.



## 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	2567	43	5091	40	345	23	8062	39.5
2 Some of the time	2359	39	5297	42	660	45	8433	41.3
3 Often	1089	18	2313	18	468	32	3931	19.2
Valid responses =	6015	29	12701	62	1473	7	20426	99.0

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	5583	93	11312	89	1029	70	18113	88.7
2 Once or twice	312	5	1091	9	310	21	1740	8.5
3 Monthly	68	1	198	2	83	6	360	1.8
4 Weekly	25	0	74	1	33	2	134	0.7
5 Daily or almost daily	12	0	36	0	15	1	69	0.3
Valid responses =	6000	29	12711	62	1470	7	20416	99.0

Invalid responses include no response.

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

Academics

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	3565	59	6951	55	606	41	11227	54.9
2 Yes	2448	41	5763	45	868	59	9208	45.1
Valid responses =	6013	29	12714	62	1474	7	20435	99.1

Invalid responses include no response.

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

Career

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	4195	70	8589	68	876	60	13789	67.5
2 Yes	1810	30	4126	32	594	40	6630	32.5
Valid responses =	6005	29	12715	62	1470	7	20419	99.0

Invalid responses include no response.

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

Finances

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	3711	62	6838	54	672	46	11333	55.5
2 Yes	2298	38	5873	46	800	54	9091	44.5
Valid responses =	6009	29	12711	62	1472	7	20424	99.0

Invalid responses include no response.

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

Procrastination

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	1681	28	3261	26	226	15	5222	25.6
2 Yes	4328	72	9448	74	1249	85	15204	74.4
Valid responses =	6009	29	12709	62	1475	7	20426	99.0

Invalid responses include no response.

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

Faculty

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	5471	91	11426	90	1284	87	18363	90.1
2 Yes	524	9	1269	10	186	13	2026	9.9
Valid responses =	5995	29	12695	62	1470	7	20389	98.9

Invalid responses include no response.

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

Family

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	4558	76	8120	64	715	49	13521	66.2
2 Yes	1446	24	4591	36	757	51	6897	33.8
Valid responses =	6004	29	12711	62	1472	7	20418	99.0

Invalid responses include no response.



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### FREQUENCY REPORT

Number of Surveys (n) = 20623 Web Surveys

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

##### Intimate relationships

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	4211	70	8637	68	942	64	13942	68.3
2 Yes	1790	30	4068	32	531	36	6466	31.7
Valid responses =	6001	29	12705	62	1473	7	20408	99.0

Invalid responses include no response.

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

##### Roommate/housemate

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	5099	85	9851	78	1126	76	16257	79.7
2 Yes	906	15	2848	22	348	24	4150	20.3
Valid responses =	6005	29	12699	62	1474	7	20407	99.0

Invalid responses include no response.

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

##### Peers

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	5026	84	9888	78	1044	71	16109	79.0
2 Yes	978	16	2806	22	425	29	4289	21.0
Valid responses =	6004	29	12694	62	1469	7	20398	98.9

Invalid responses include no response.

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

##### Personal appearance

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	4003	67	6128	48	544	37	10787	52.9
2 Yes	1990	33	6571	52	925	63	9604	47.1
Valid responses =	5993	29	12699	62	1469	7	20391	98.9

Invalid responses include no response.

#### 47A11) Within the last 12 months, have you had problems or challenges with any of 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	4231	71	7902	62	828	56	13094	64.2
2 Yes	1764	29	4787	38	647	44	7292	35.8
Valid responses =	5995	29	12689	62	1475	7	20386	98.9

Invalid responses include no response.

#### 47A12) Within the last 12 months, have you had problems or challenges with any of 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	4853	81	9750	77	1122	76	15899	77.9
2 Yes	1148	19	2948	23	353	24	4504	22.1
Valid responses =	6001	29	12698	62	1475	7	20403	98.9

Invalid responses include no response.

#### R47A13) Within the last 12 months, have you had problems or challenges with any of the following?

##### I was bullied (threats, rumors, physical or verbal attacks, or being excluded from a group)

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	5724	96	11778	93	1302	88	18999	93.2
2 Yes	265	4	914	7	172	12	1384	6.8
Valid responses =	5989	29	12692	62	1474	7	20383	98.8

Invalid responses include no response.



# AMERICAN COLLEGE HEALTH ASSOCIATION

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

### Reference Group Data Report - Fall 2025

American College Health Association

8455 Colesville Road, Suite 740

Silver Spring, MD 20910

(410) 859-1500

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

January 29, 2026

### FREQUENCY REPORT

Number of Surveys (n) = 20623 Web Surveys

#### R47A14) Within the last 12 months, have you had problems or challenges with any of the following?

I was cyberbullied (technology was used to harass, threaten, embarrass, or target me)

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	5859	98	12281	97	1389	94	19736	96.8
2 Yes	143	2	394	3	84	6	643	3.2
Valid responses =	6002	29	12675	62	1473	7	20379	98.8

Invalid responses include no response.

#### R47A15) Within the last 12 months, have you had problems or challenges with any of the following?

I was hazed (rituals, challenges, and other activities involving harassment, abuse, embarrassment, ridicule, or humiliation were used as a way of initiating me into a group)

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	5931	99	12585	99	1465	99	20200	99.1
2 Yes	71	1	94	1	10	1	185	0.9
Valid responses =	6002	29	12679	62	1475	7	20385	98.8

Invalid responses include no response.

#### R47A16) Within the last 12 months, have you had problems or challenges with any of the following?

I experienced microaggression(s) directed at me (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	5358	89	10677	84	921	63	17118	84.0
2 Yes	641	11	2012	16	552	38	3270	16.0
Valid responses =	5999	29	12689	62	1473	7	20388	98.9

Invalid responses include no response.

#### R47A17) Within the last 12 months, have you had problems or challenges with any of the following?

I was sexually harassed (unwelcome 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	5874	98	11509	91	1249	85	18832	92.3
2 Yes	132	2	1181	9	226	15	1567	7.7
Valid responses =	6006	29	12690	62	1475	7	20399	98.9

Invalid responses include no response.

#### R47A18) Within the last 12 months, have you had problems or challenges with any of the following?

I experienced discrimination directed at me (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	5573	93	11615	92	1166	79	18538	90.9
2 Yes	425	7	1072	8	310	21	1848	9.1
Valid responses =	5998	29	12687	62	1476	7	20386	98.9

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	34	1	19	0	6	1	60	0.7
2 Minimal Distress	481	20	755	13	123	14	1373	14.9
3 Moderate Distress	1146	47	2594	45	420	48	4216	45.9
4 High Distress	783	32	2383	41	319	37	3537	38.5
Valid responses =	2444	27	5751	63	868	9	9186	44.5

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	61	3	91	2	18	3	172	2.6
2 Minimal Distress	521	29	1055	26	153	26	1752	26.5
3 Moderate Distress	733	41	1719	42	239	40	2731	41.3
4 High Distress	490	27	1255	31	183	31	1959	29.6
Valid responses =	1805	27	4120	62	593	9	6614	32.1

Invalid responses include no response.



# AMERICAN COLLEGE HEALTH ASSOCIATION

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January 29, 2026

FREQUENCY REPORT

Number of Surveys (n) = 20623 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	49	2	50	1	7	1	108	1.2
2 Minimal Distress	631	28	1206	21	163	20	2025	22.3
3 Moderate Distress	982	43	2485	43	297	37	3805	42.0
4 High Distress	633	28	2112	36	331	42	3123	34.5
Valid responses =	2295	25	5853	65	798	9	9061	43.9

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	196	5	193	2	27	2	417	2.7
2 Minimal Distress	1601	37	3177	34	313	25	5144	33.9
3 Moderate Distress	1713	40	3832	41	530	43	6138	40.5
4 High Distress	810	19	2222	24	377	30	3466	22.9
Valid responses =	4320	28	9424	62	1247	8	15165	73.5

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	39	7	61	5	8	4	108	5.4
2 Minimal Distress	242	46	537	43	78	42	873	43.3
3 Moderate Distress	158	30	438	35	68	37	687	34.1
4 High Distress	85	16	226	18	31	17	348	17.3
Valid responses =	524	26	1262	63	185	9	2016	9.8

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	81	6	86	2	13	2	185	2.7
2 Minimal Distress	562	39	1446	32	205	27	2244	32.6
3 Moderate Distress	523	36	1848	40	298	39	2708	39.4
4 High Distress	274	19	1197	26	240	32	1737	25.3
Valid responses =	1440	21	4577	67	756	11	6874	33.3

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	95	5	154	4	20	4	271	4.2
2 Minimal Distress	630	35	1388	34	156	29	2201	34.1
3 Moderate Distress	615	34	1438	35	205	39	2283	35.4
4 High Distress	447	25	1077	27	150	28	1692	26.2
Valid responses =	1787	28	4057	63	531	8	6447	31.3

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	65	7	114	4	19	6	200	4.8
2 Minimal Distress	457	51	1153	41	127	37	1755	42.4
3 Moderate Distress	263	29	970	34	114	33	1362	32.9
4 High Distress	119	13	607	21	88	25	824	19.9
Valid responses =	904	22	2844	69	348	8	4141	20.1

Invalid responses include no response.



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January 29, 2026

FREQUENCY REPORT

Number of Surveys (n) = 20623 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	116	12	155	6	18	4	293	6.9
2 Minimal Distress	530	55	1417	51	202	48	2185	51.1
3 Moderate Distress	241	25	901	32	139	33	1302	30.5
4 High Distress	84	9	326	12	66	16	492	11.5
Valid responses =	971	23	2799	66	425	10	4272	20.7

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	106	5	147	2	22	2	279	2.9
2 Minimal Distress	953	48	2503	38	354	38	3855	40.2
3 Moderate Distress	639	32	2508	38	328	36	3520	36.8
4 High Distress	288	15	1396	21	219	24	1924	20.1
Valid responses =	1986	21	6554	68	923	10	9578	46.4

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	136	8	177	4	23	4	338	4.6
2 Minimal Distress	630	36	1588	33	220	34	2465	33.9
3 Moderate Distress	650	37	1849	39	229	35	2759	38.0
4 High Distress	339	19	1162	24	175	27	1707	23.5
Valid responses =	1755	24	4776	66	647	9	7269	35.2

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	61	5	76	3	18	5	161	3.6
2 Minimal Distress	352	31	644	22	81	23	1089	24.2
3 Moderate Distress	407	36	1031	35	119	34	1573	35.0
4 High Distress	326	28	1188	40	135	38	1669	37.2
Valid responses =	1146	26	2939	65	353	8	4492	21.8

Invalid responses include no response.

R47B13) 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)

I was bullied

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No Distress	46	17	83	9	22	13	153	11.1
2 Minimal Distress	94	36	328	36	56	33	492	35.7
3 Moderate Distress	76	29	272	30	56	33	412	29.9
4 High Distress	48	18	227	25	38	22	322	23.4
Valid responses =	264	19	910	66	172	12	1379	6.7

Invalid responses include no response.

R47B14) 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)

I was cyberbullied

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No Distress	36	26	48	12	11	13	100	15.6
2 Minimal Distress	48	34	137	35	35	42	227	35.4
3 Moderate Distress	34	24	113	29	21	25	174	27.1
4 High Distress	23	16	96	24	17	20	140	21.8
Valid responses =	141	22	394	61	84	13	641	3.1

Invalid responses include no response.



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January 29, 2026

FREQUENCY REPORT

Number of Surveys (n) = 20623 Web Surveys

R47B15) 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)

I was hazed

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No Distress	23	33	25	27	4	40	54	29.5
2 Minimal Distress	20	29	34	36	3	30	58	31.7
3 Moderate Distress	19	27	20	21	1	10	44	24.0
4 High Distress	8	11	15	16	2	20	27	14.8
Valid responses =	70	38	94	51	10	5	183	0.9

Invalid responses include no response.

R47B16) 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)

I experienced microaggression(s) directed at me

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No Distress	140	22	269	13	70	13	486	14.9
2 Minimal Distress	344	54	1054	52	297	54	1726	52.9
3 Moderate Distress	107	17	469	23	134	24	727	22.3
4 High Distress	44	7	220	11	51	9	325	10.0
Valid responses =	635	19	2012	62	552	17	3264	15.8

Invalid responses include no response.

R47B17) 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)

I was sexually harassed

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No Distress	33	25	107	9	9	4	152	9.7
2 Minimal Distress	53	41	467	40	75	33	602	38.5
3 Moderate Distress	23	18	359	30	73	32	463	29.6
4 High Distress	22	17	247	21	68	30	347	22.2
Valid responses =	131	8	1180	75	225	14	1564	7.6

Invalid responses include no response.

R47B18) 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)

I experienced discrimination directed at me

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No Distress	71	17	96	9	16	5	188	10.2
2 Minimal Distress	175	41	462	43	122	39	774	42.0
3 Moderate Distress	116	27	323	30	111	36	565	30.6
4 High Distress	61	14	190	18	61	20	318	17.2
Valid responses =	423	23	1071	58	310	17	1845	8.9

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	1181	66	2605	63	359	61	4198	63.6
2 Negatively impacted performance in a class	469	26	1073	26	174	29	1745	26.5
3 Delayed progress towards degree	152	8	431	11	59	10	654	9.9
Valid responses =	1802	27	4109	62	592	9	6597	32.0

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	1514	66	3876	66	487	61	5937	65.6
2 Negatively impacted performance in a class	569	25	1356	23	219	28	2176	24.0
3 Delayed progress towards degree	206	9	624	11	91	11	943	10.4
Valid responses =	2289	25	5856	65	797	9	9056	43.9

Invalid responses include no response.

## 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	1544	36	3596	38	374	30	5565	36.7
2 Negatively impacted performance in a class	2377	55	4939	52	733	59	8146	53.7
3 Delayed progress towards degree	395	9	885	9	141	11	1445	9.5
Valid responses =	4316	28	9420	62	1248	8	15156	73.5

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	231	44	539	43	83	45	863	42.8
2 Negatively impacted performance in a class	239	46	549	44	86	46	899	44.6
3 Delayed progress towards degree	53	10	175	14	17	9	253	12.6
Valid responses =	523	26	1263	63	186	9	2015	9.8

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	1031	72	3099	68	534	71	4727	68.9
2 Negatively impacted performance in a class	329	23	1197	26	174	23	1728	25.2
3 Delayed progress towards degree	77	5	277	6	45	6	407	5.9
Valid responses =	1437	21	4573	67	753	11	6862	33.3

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	1232	69	2835	70	365	69	4475	69.4
2 Negatively impacted performance in a class	477	27	1053	26	141	27	1692	26.3
3 Delayed progress towards degree	75	4	168	4	25	5	277	4.3
Valid responses =	1784	28	4056	63	531	8	6444	31.2

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	700	78	2220	78	256	74	3206	77.6
2 Negatively impacted performance in a class	180	20	543	19	76	22	808	19.5
3 Delayed progress towards degree	20	2	79	3	15	4	120	2.9
Valid responses =	900	22	2842	69	347	8	4134	20.0

Invalid responses include no response.



# AMERICAN COLLEGE HEALTH ASSOCIATION

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

### Reference Group Data Report - Fall 2025

American College Health Association

8455 Colesville Road, Suite 740

Silver Spring, MD 20910

(410) 859-1500

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

January 29, 2026

### FREQUENCY REPORT

Number of Surveys (n) = 20623 Web Surveys

#### 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	769	79	2246	80	303	71	3371	79.0
2 Negatively impacted performance in a class	180	19	475	17	110	26	781	18.3
3 Delayed progress towards degree	23	2	72	3	12	3	113	2.6
Valid responses =	972	23	2793	65	425	10	4265	20.7

Invalid responses include no response.

#### 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	1763	89	5804	89	804	87	8460	88.5
2 Negatively impacted performance in a class	186	9	623	10	104	11	932	9.7
3 Delayed progress towards degree	35	2	120	2	12	1	171	1.8
Valid responses =	1984	21	6547	68	920	10	9563	46.4

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	1351	77	3473	73	455	70	5342	73.6
2 Negatively impacted performance in a class	339	19	1099	23	176	27	1631	22.5
3 Delayed progress towards degree	61	4	202	4	15	2	289	4.0
Valid responses =	1751	24	4774	66	646	9	7262	35.2

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	775	68	1694	58	181	52	2680	59.7
2 Negatively impacted performance in a class	294	26	1010	34	152	43	1474	32.8
3 Delayed progress towards degree	77	7	236	8	18	5	336	7.5
Valid responses =	1146	26	2940	65	351	8	4490	21.8

Invalid responses include no response.

#### R47C13) 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)

I was bullied

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Did not affect academic performance	185	70	619	68	111	65	933	67.7
2 Negatively impacted performance in a class	60	23	222	24	49	29	338	24.5
3 Delayed progress towards degree	18	7	70	8	12	7	107	7.8
Valid responses =	263	19	911	66	172	12	1378	6.7

Invalid responses include no response.

#### R47C14) 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)

I was cyberbullied

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Did not affect academic performance	102	72	266	68	65	77	448	70.1
2 Negatively impacted performance in a class	30	21	90	23	14	17	136	21.3
3 Delayed progress towards degree	9	6	36	9	5	6	55	8.6
Valid responses =	141	22	392	61	84	13	639	3.1

Invalid responses include no response.



# AMERICAN COLLEGE HEALTH ASSOCIATION

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#### R47C15) 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)

I was hazed

	Trans/Gender						Total
	Cis Men		Cis Women		Non-conforming		
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	
1 Did not affect academic performance	47	67	57	63	6	60	112 62.6
2 Negatively impacted performance in a class	19	27	27	30	3	30	49 27.4
3 Delayed progress towards degree	4	6	7	8	1	10	18 10.1
Valid responses =	70	39	91	51	10	6	179 0.9

Invalid responses include no response.

#### R47C16) 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)

I experienced microaggression(s) directed at me

	Trans/Gender						Total
	Cis Men		Cis Women		Non-conforming		
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	
1 Did not affect academic performance	551	87	1687	84	473	86	2758 84.7
2 Negatively impacted performance in a class	76	12	270	14	63	12	418 12.8
3 Delayed progress towards degree	10	2	49	2	14	3	80 2.5
Valid responses =	637	20	2006	62	550	17	3256 15.8

Invalid responses include no response.

#### R47C17) 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)

I was sexually harassed

	Trans/Gender						Total
	Cis Men		Cis Women		Non-conforming		
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	
1 Did not affect academic performance	104	80	956	81	175	77	1252 80.2
2 Negatively impacted performance in a class	20	15	185	16	43	19	254 16.3
3 Delayed progress towards degree	6	5	37	3	8	4	55 3.5
Valid responses =	130	8	1178	75	226	14	1561 7.6

Invalid responses include no response.

#### R47C18) 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)

I experienced discrimination directed at me

	Trans/Gender						Total
	Cis Men		Cis Women		Non-conforming		
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	
1 Did not affect academic performance	325	77	799	75	240	77	1389 75.5
2 Negatively impacted performance in a class	74	18	207	19	54	17	344 18.7
3 Delayed progress towards degree	24	6	60	6	16	5	106 5.8
Valid responses =	423	23	1066	58	310	17	1839 8.9

Invalid responses include no response.

#### 48) Within the last 30 days, how would you rate the overall level of stress you have experienced?

	Trans/Gender						Total
	Cis Men		Cis Women		Non-conforming		
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	
1 No stress	237	4	148	1	17	1	409 2.0
2 Low	1991	33	2238	18	208	14	4483 21.9
3 Moderate	2683	45	6597	52	723	49	10111 49.5
4 High	1094	18	3724	29	527	36	5421 26.5
Valid responses =	6005	29	12707	62	1475	7	20424 99.0

Invalid responses include no response.

#### 49) Have you ever thought about or attempted to kill yourself?

	Trans/Gender						Total
	Cis Men		Cis Women		Non-conforming		
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	
1 Never	3571	59	6963	55	267	18	10886 53.4
2 Just a brief passing thought	1389	23	2898	23	338	23	4673 22.9
3 Planned at least once, but did not try do it	484	8	1256	10	347	24	2124 10.4
4 Planned at least once, wanted to die	296	5	673	5	213	15	1201 5.9
5 Attempted, but did not want to die	101	2	374	3	107	7	589 2.9
6 Attempted, really hoped to die	167	3	538	4	197	13	922 4.5
Valid responses =	6008	29	12702	62	1469	7	20395 98.9

Invalid responses include no response.

#### 50) How often have you thought about killing yourself in the past year?

	Trans/Gender						Total
	Cis Men		Cis Women		Non-conforming		
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	
1 Never	4493	75	9030	71	566	39	14207 69.7
2 Rarely (1 time)	612	10	1158	12	255	17	2413 11.8
3 Sometimes (2 times)	412	7	1128	9	271	18	1844 9.1
4 Often (3-4 times)	181	3	501	4	141	10	836 4.1
5 Very often (5 or more times)	311	5	507	4	236	16	1074 5.3
Valid responses =	6009	29	12684	62	1469	7	20374 98.8

Invalid responses include no response.



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### FREQUENCY REPORT

Number of Surveys (n) = 20623 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	5019	84	9980	79	836	57	15977	78.4
2 Yes, one time, did not want to die	482	8	1238	10	196	13	1943	9.5
3 Yes, one time, wanted to die	197	3	601	5	148	10	966	4.7
4 Yes, more than once, did not want to do it	193	3	495	4	135	9	829	4.1
5 Yes, more than once, wanted to do it	117	2	378	3	155	11	664	3.3
Valid responses =	6008	29	12692	62	1470	7	20379	98.8

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	4156	69	8695	69	469	32	13425	65.9
1 No chance at all	797	13	1626	13	219	15	2669	13.1
2 Rather unlikely	672	11	1570	12	436	30	2721	13.4
3 Unlikely	249	4	504	4	192	13	965	4.7
4 Likely	92	2	219	2	93	6	416	2.0
5 Rather likely	19	0	39	0	33	2	93	0.5
6 Very likely	24	0	35	0	26	2	88	0.4
Valid responses =	6009	29	12688	62	1468	7	20377	98.8

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	5846	97	12479	98	1396	95	19936	97.6
2 Yes	168	3	242	2	78	5	497	2.4
Valid responses =	6014	29	12721	62	1474	7	20433	99.1

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	3667	61	5086	40	278	19	9121	44.6
2 Yes	2343	39	7641	60	1196	81	11310	55.4
Valid responses =	6010	29	12727	62	1474	7	20431	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	4659	78	7697	61	586	40	13078	64.0
2 Yes	1349	23	5023	40	888	60	7345	36.0
Valid responses =	6008	29	12720	62	1474	7	20423	99.0

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	2346	39	2860	23	249	17	5528	27.1
2 Yes	3661	61	9857	78	1227	83	14887	72.9
Valid responses =	6007	29	12717	62	1476	7	20415	99.0

Invalid responses include no response.

#### MH1) Have you ever been prescribed medication for a mental health condition?

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	4732	79	7797	61	570	39	13235	64.8
2 Yes	1274	21	4926	39	907	61	7186	35.2
Valid responses =	6006	29	12723	62	1477	7	20421	99.0

Invalid responses include no response.



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Number of Surveys (n) = 20623 Web Surveys

**MH2) When were you first prescribed medication for a mental health condition? (only students that were ever prescribed medication for a mental health condition)**

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Before starting at your current college/university	1016	80	3879	79	745	82	5706	79.5
2 After starting at your current college/university	255	20	1042	21	160	18	1470	20.5
Valid responses =	1271	18	4921	69	905	13	7176	34.8
Invalid responses include no response.								

**MH3) Were you prescribed medication for a mental health condition in the last 12 months?**

(only students that were ever prescribed medication for a mental health condition)

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	630	50	2143	44	353	39	3154	44.0
2 Yes	638	50	2776	56	553	61	4018	56.0
Valid responses =	1268	18	4919	69	906	13	7172	34.8
Invalid responses include no response.								

**MH4) Have you ever had counseling for a mental health condition?**

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	4429	74	6680	53	430	29	11647	57.1
2 Yes	1580	26	6026	47	1046	71	8758	42.9
Valid responses =	6009	29	12706	62	1476	7	20405	98.9
Invalid responses include no response.								

**MH5) When did you first start counseling for a mental health condition? (only students that have ever had counseling for a mental health condition)**

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Before starting at your current college/university	1245	79	4827	80	892	85	7058	80.7
2 After starting at your current college/university	333	21	1193	20	153	15	1691	19.3
Valid responses =	1578	18	6020	69	1045	12	8749	42.4
Invalid responses include no response.								

**MH6) Have you had counseling for a mental health condition in the last 12 months? (only students that have ever had counseling for a mental health condition)**

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	766	49	2270	38	307	29	3381	38.7
2 Yes	812	52	3748	62	736	71	5363	61.3
Valid responses =	1578	18	6018	69	1043	12	8744	42.4
Invalid responses include no response.								

**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	4077	68	6143	48	777	53	11115	54.5
2 Yes	266	4	6238	49	533	36	7104	34.8
3 Don't know	139	2	197	2	40	3	381	1.9
4 Not applicable	1522	25	122	1	124	8	1787	8.8
Valid responses =	6004	29	12700	62	1474	7	20387	98.9
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	1584	26	2693	21	421	29	4758	23.3
2 Yes	4291	71	9772	77	1009	69	15229	74.5
3 Don't know	139	2	251	2	44	3	441	2.2
Valid responses =	6014	29	12716	62	1474	7	20428	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	1201	20	893	7	131	9	2264	11.1
2 Rarely	1840	31	2270	18	395	27	4558	22.3
3 Sometimes	1740	29	3848	30	439	30	6094	29.8
4 Usually	991	17	4014	32	396	27	5446	26.6
5 Always	246	4	1704	13	116	8	2083	10.2
Valid responses =	6018	29	12729	62	1477	7	20445	99.1
Invalid responses include no response.								



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Number of Surveys (n) = 20623 Web Surveys

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.	Freq.	Pct.	
1 Never	1174	20	2557	20	228	15	3996	19.6	3996	19.6	
2 Rarely	1207	20	2886	23	302	20	4436	21.8	4436	21.8	
3 Sometimes	1581	26	4121	32	421	29	6193	30.4	6193	30.4	
4 Usually	1434	24	2367	19	390	26	4243	20.8	4243	20.8	
5 Always	600	10	772	6	136	9	1526	7.5	1526	7.5	
Valid responses =	5996	29	12703	62	1477	7	20394	98.9			

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.	Freq.	Pct.	
1 Never	1307	22	2108	17	382	26	3851	18.9	3851	18.9	
2 Rarely	1119	19	2160	17	278	19	3597	17.6	3597	17.6	
3 Sometimes	1369	23	3117	25	314	21	4857	23.8	4857	23.8	
4 Usually	1428	24	3458	27	286	19	5205	25.5	5205	25.5	
5 Always	779	13	1856	15	214	15	2882	14.1	2882	14.1	
Valid responses =	6002	29	12699	62	1474	7	20392	98.9			

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.	Freq.	Pct.	
1 Never	367	6	543	4	38	3	961	4.7	961	4.7	
2 Rarely	758	13	1694	13	108	7	2581	12.7	2581	12.7	
3 Sometimes	2462	41	5211	41	483	33	8236	40.4	8236	40.4	
4 Usually	2085	35	4323	34	696	47	7184	35.2	7184	35.2	
5 Always	329	6	935	7	149	10	1436	7.0	1436	7.0	
Valid responses =	6001	29	12706	62	1474	7	20398	98.9			

Invalid responses include no response.

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.	Freq.	Pct.	
1 Never	1402	23	3823	30	451	31	5741	28.2	5741	28.2	
2 Rarely	1222	20	3572	28	393	27	5232	25.7	5232	25.7	
3 Sometimes	1580	26	3583	28	364	25	5592	27.4	5592	27.4	
4 Usually	1210	20	1342	11	195	13	2773	13.6	2773	13.6	
5 Always	586	10	378	3	69	5	1051	5.2	1051	5.2	
Valid responses =	6000	29	12698	62	1472	7	20389	98.9			

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.	Freq.	Pct.	
0 0 times	3773	64	5021	41	1021	70	9949	49.8	9949	49.8	
1 1 time	201	3	406	3	65	5	681	3.4	681	3.4	
2 2 times	335	6	732	6	73	5	1145	5.7	1145	5.7	
3 3 times	195	3	627	5	47	3	875	4.4	875	4.4	
4 4 times	125	2	331	3	27	2	486	2.4	486	2.4	
5 5 times	225	4	739	6	46	3	1016	5.1	1016	5.1	
6 6 to 10 times	415	7	1531	12	75	5	2040	10.2	2040	10.2	
7 11 to 15 times	152	3	533	4	30	2	720	3.6	720	3.6	
8 16 to 20 times	152	3	760	6	17	1	932	4.7	932	4.7	
9 21 to 49 times	155	3	893	7	23	2	1080	5.4	1080	5.4	
10 50 or More times	182	3	837	7	35	2	1056	5.3	1056	5.3	
Valid responses =	5910	30	12410	62	1459	7	19980	96.9			

Invalid responses include no response.

	Mean	Median	Std Dev	Min	Max
Cis Men	6.20	0.00	24.82	0	365
Cis Women	11.46	3.00	25.2	0	365
Trans/Gender Non-conforming	4.05	0.00	16.57	0	300
Overall	9.29	1.00	24.64	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:

	Trans/Gender						Total	
	Cis Men		Cis Women		Non-conforming			
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Have not received HPV vaccine	1331	22	2330	18	165	11	3862	19.0
2 Have started, but not completed HPV vaccine	166	3	484	4	87	6	746	3.7
3 Completed HPV vaccine	2233	37	6326	50	751	51	9392	46.2
4 I don't know my HPV vaccination status	2253	38	3523	28	470	32	6320	31.1
Valid responses =	5983	29	12663	62	1473	7	20320	98.5

Invalid responses include no response.

62) Did you have a flu vaccine within the last 12 months?

	Trans/Gender						Total	
	Cis Men		Cis Women		Non-conforming			
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	3071	51	6237	49	660	45	10057	49.4
2 Yes	2430	41	5632	44	688	47	8841	43.4
3 Don't know	497	8	829	7	122	8	1471	7.2
Valid responses =	5998	29	12698	62	1470	7	20369	98.8

Invalid responses include no response.

COVIDVAXD) Have you received at least one dose of a COVID-19 vaccine?

	Trans/Gender						Total	
	Cis Men		Cis Women		Non-conforming			
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	1210	20	2536	20	197	13	3983	19.6
2 Yes	4657	78	9964	79	1253	85	16028	78.7
3 Not sure	134	2	192	2	23	2	358	1.8
Valid responses =	6001	29	12692	62	1473	7	20369	98.8

Invalid responses include no response.

COVIDVAXE) Have you received a COVID-19 vaccine in the last 12 months? (only students that have received at least one dose of a COVID-19 vaccine)

	Trans/Gender						Total	
	Cis Men		Cis Women		Non-conforming			
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	3596	77	7439	75	784	63	11917	74.5
2 Yes	768	17	1946	20	348	28	3109	19.4
3 Not sure	283	6	562	6	120	10	973	6.1
Valid responses =	4647	29	9947	62	1252	8	15999	77.6

Invalid responses include no response.

COVIDINF Have you tested positive for COVID-19 within the last 12 months?

	Trans/Gender						Total	
	Cis Men		Cis Women		Non-conforming			
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	5648	94	11664	92	1319	90	18810	92.4
2 Yes	350	6	1021	8	155	11	1546	7.6
Valid responses =	5998	29	12685	62	1474	7	20356	98.7

Invalid responses include no response.



# AMERICAN COLLEGE HEALTH ASSOCIATION

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

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January 29, 2026

FREQUENCY REPORT

Number of Surveys (n) = 20623 Web Surveys

**63A1) Within the last 12 months, have you been diagnosed by a healthcare professional with any of the following?**

Bronchitis

	Trans/Gender						Total	
	Cis Men		Cis Women		Non-conforming			
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 No	5860	98	12146	96	1402	95	19601 96.4	
2 Yes	129	2	533	4	70	5	739 3.6	
Valid responses =	5989	29	12679	62	1472	7	20340 98.6	

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

	Trans/Gender						Total	
	Cis Men		Cis Women		Non-conforming			
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 No	5944	99	12532	99	1457	99	20126 99.2	
2 Yes	35	1	117	1	14	1	168 0.8	
Valid responses =	5979	29	12649	62	1471	7	20294 98.4	

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)

	Trans/Gender						Total	
	Cis Men		Cis Women		Non-conforming			
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 No	5928	100	12525	100	1459	100	20104 99.6	
2 Yes	20	0	52	0	6	0	81 0.4	
Valid responses =	5948	29	12577	62	1465	7	20185 97.9	

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)

	Trans/Gender						Total	
	Cis Men		Cis Women		Non-conforming			
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 No	4362	73	7792	62	934	64	13230 65.1	
2 Yes	1617	27	4870	39	537	37	7081 34.9	
Valid responses =	5979	29	12662	62	1471	7	20311 98.5	

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

	Trans/Gender						Total	
	Cis Men		Cis Women		Non-conforming			
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 No	5830	97	12234	97	1428	97	19682 96.8	
2 Yes	155	3	445	4	45	3	652 3.2	
Valid responses =	5985	29	12679	62	1473	7	20334 98.6	

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

	Trans/Gender						Total	
	Cis Men		Cis Women		Non-conforming			
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 No	5960	100	12629	100	1464	100	20248 99.7	
2 Yes	22	0	29	0	7	1	60 0.3	
Valid responses =	5982	29	12658	62	1471	7	20308 98.5	

Invalid responses include no response.

**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

	Trans/Gender						Total	
	Cis Men		Cis Women		Non-conforming			
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 No	5290	88	10833	86	1294	88	17588 86.5	
2 Yes	697	12	1841	15	178	12	2741 13.5	
Valid responses =	5987	29	12674	62	1472	7	20329 98.6	

Invalid responses include no response.

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

	Trans/Gender						Total	
	Cis Men		Cis Women		Non-conforming			
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 No	5957	100	12631	100	1466	100	20247 99.8	
2 Yes	14	0	22	0	4	0	42 0.2	
Valid responses =	5971	29	12653	62	1470	7	20289 98.4	

Invalid responses include no response.



# AMERICAN COLLEGE HEALTH ASSOCIATION

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January 29, 2026

### FREQUENCY REPORT

Number of Surveys (n) = 20623 Web Surveys

#### 63A9) Within the last 12 months, have you been diagnosed by a healthcare professional with any of the following?

##### Mononucleosis (mono)

	Trans/Gender						Total
	Cis Men		Cis Women		Non-conforming		
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	
1 No	5904	99	12436	98	1445	98	19975 98.5
2 Yes	63	1	211	2	23	2	303 1.5
Valid responses =	5967	29	12647	62	1468	7	20278 98.3

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)

	Trans/Gender						Total
	Cis Men		Cis Women		Non-conforming		
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	
1 No	5382	90	11166	88	1302	89	18020 88.7
2 Yes	599	10	1506	12	168	11	2299 11.3
Valid responses =	5981	29	12672	62	1470	7	20319 98.5

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

	Trans/Gender						Total
	Cis Men		Cis Women		Non-conforming		
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	
1 No	5981	100	12629	100	1468	100	20272 99.6
2 Yes	7	0	61	1	4	0	74 0.4
Valid responses =	5988	29	12690	62	1472	7	20346 98.7

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

	Trans/Gender						Total
	Cis Men		Cis Women		Non-conforming		
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	
1 No	5859	98	12294	97	1430	97	19773 97.3
2 Yes	119	2	386	3	40	3	550 2.7
Valid responses =	5978	29	12680	62	1470	7	20323 98.5

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

	Trans/Gender						Total
	Cis Men		Cis Women		Non-conforming		
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	
1 No	5959	100	12591	100	1462	100	20202 99.6
2 Yes	16	0	53	0	7	1	80 0.4
Valid responses =	5975	29	12644	62	1469	7	20282 98.3

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

	Trans/Gender						Total
	Cis Men		Cis Women		Non-conforming		
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	
1 No	5571	93	11171	88	1295	88	18213 89.8
2 Yes	401	7	1478	12	177	12	2076 10.2
Valid responses =	5972	29	12649	62	1472	7	20289 98.4

Invalid responses include no response.

#### 63A15) Within the last 12 months, have you been diagnosed by a healthcare professional with any of the following?

##### Urinary tract infection

	Trans/Gender						Total
	Cis Men		Cis Women		Non-conforming		
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	
1 No	5942	99	11072	88	1319	90	18508 91.2
2 Yes	38	1	1586	13	150	10	1795 8.8
Valid responses =	5980	29	12658	62	1469	7	20303 98.4

Invalid responses include no response.



# AMERICAN COLLEGE HEALTH ASSOCIATION

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January 29, 2026

FREQUENCY REPORT

Number of Surveys (n) = 20623 Web Surveys

#### 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

	Trans/Gender						Total	
	Cis Men		Cis Women		Non-conforming			
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	5148	97	10496	96	1204	94	17008	96.0
2 Yes	143	3	488	4	72	6	709	4.0
Valid responses =	5291	30	10984	62	1276	7	17717	85.9

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

	Trans/Gender						Total	
	Cis Men		Cis Women		Non-conforming			
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Did not affect academic performance	73	58	302	57	30	43	408	55.7
2 Negatively impacted performance in a class	47	37	206	39	36	51	292	39.8
3 Delayed progress towards degree	6	5	22	4	4	6	33	4.5
Valid responses =	126	17	530	72	70	10	733	3.6

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

	Trans/Gender						Total	
	Cis Men		Cis Women		Non-conforming			
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Did not affect academic performance	28	82	96	83	10	71	134	80.7
2 Negatively impacted performance in a class	5	15	20	17	4	29	30	18.1
3 Delayed progress towards degree	1	3	0	0	0	0	2	1.2
Valid responses =	34	20	116	70	14	8	166	0.8

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)

	Trans/Gender						Total	
	Cis Men		Cis Women		Non-conforming			
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Did not affect academic performance	15	79	44	88	3	60	63	81.8
2 Negatively impacted performance in a class	2	11	4	8	2	40	8	10.4
3 Delayed progress towards degree	2	11	2	4	0	0	6	7.8
Valid responses =	19	25	50	65	5	6	77	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)

	Trans/Gender						Total	
	Cis Men		Cis Women		Non-conforming			
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Did not affect academic performance	1010	63	2773	57	290	54	4101	58.1
2 Negatively impacted performance in a class	573	36	1940	40	227	42	2763	39.2
3 Delayed progress towards degree	28	2	141	3	18	3	192	2.7
Valid responses =	1611	23	4854	69	535	8	7056	34.2

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

	Trans/Gender						Total	
	Cis Men		Cis Women		Non-conforming			
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Did not affect academic performance	84	55	171	39	16	36	273	42.4
2 Negatively impacted performance in a class	60	40	218	50	24	53	305	47.4
3 Delayed progress towards degree	8	5	51	12	5	11	66	10.2
Valid responses =	152	24	440	68	45	7	644	3.1

Invalid responses include no response.



# AMERICAN COLLEGE HEALTH ASSOCIATION

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January 29, 2026

FREQUENCY REPORT

Number of Surveys (n) = 20623 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		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Did not affect academic performance	17	85	19	68	6	86	42	75.0		
2 Negatively impacted performance in a class	1	5	8	29	0	0	9	16.1		
3 Delayed progress towards degree	2	10	1	4	1	14	5	8.9		
Valid responses =	20	36	28	50	7	13	56	0.3		

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		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Did not affect academic performance	402	58	910	50	74	42	1398	51.5		
2 Negatively impacted performance in a class	267	39	841	46	95	54	1213	44.7		
3 Delayed progress towards degree	20	3	74	4	8	5	105	3.9		
Valid responses =	689	25	1825	67	177	7	2716	13.2		

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		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Did not affect academic performance	8	67	18	86	2	50	28	71.8		
2 Negatively impacted performance in a class	3	25	3	14	0	0	6	15.4		
3 Delayed progress towards degree	1	8	0	0	2	50	5	12.8		
Valid responses =	12	31	21	54	4	10	39	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		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Did not affect academic performance	25	41	95	45	8	35	128	42.8		
2 Negatively impacted performance in a class	32	53	98	47	11	48	143	47.8		
3 Delayed progress towards degree	4	7	17	8	4	17	28	9.4		
Valid responses =	61	20	210	70	23	8	299	1.4		

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		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Did not affect academic performance	445	75	1064	71	99	59	1618	70.6		
2 Negatively impacted performance in a class	124	21	367	24	54	32	559	24.4		
3 Delayed progress towards degree	27	5	71	5	15	9	115	5.0		
Valid responses =	596	26	1502	66	168	7	2292	11.1		

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		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Did not affect academic performance	5	83	38	63	2	50	45	62.5		
2 Negatively impacted performance in a class	1	17	19	32	1	25	21	29.2		
3 Delayed progress towards degree	0	0	3	5	1	25	6	8.3		
Valid responses =	6	8	60	83	4	6	72	0.3		

Invalid responses include no response.



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FREQUENCY REPORT

Number of Surveys (n) = 20623 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.	Freq.	Pct.	
1 Did not affect academic performance	60	51	171	44	17	43	248	45.3			
2 Negatively impacted performance in a class	52	44	188	49	20	50	262	47.9			
3 Delayed progress towards degree	5	4	26	7	3	8	37	6.8			
Valid responses =	117	21	385	70	40	7	547	2.7			

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.	Freq.	Pct.	
1 Did not affect academic performance	8	53	40	77	2	33	52	67.5			
2 Negatively impacted performance in a class	6	40	12	23	2	33	20	26.0			
3 Delayed progress towards degree	1	7	0	0	2	33	5	6.5			
Valid responses =	15	19	52	68	6	8	77	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.	Freq.	Pct.	
1 Did not affect academic performance	264	67	859	59	102	58	1234	59.9			
2 Negatively impacted performance in a class	118	30	539	37	63	36	728	35.4			
3 Delayed progress towards degree	14	4	70	5	11	6	97	4.7			
Valid responses =	396	19	1468	71	176	9	2059	10.0			

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.	Freq.	Pct.	
1 Did not affect academic performance	23	62	1274	81	106	71	1417	79.7			
2 Negatively impacted performance in a class	13	35	272	17	36	24	324	18.2			
3 Delayed progress towards degree	1	3	25	2	8	5	37	2.1			
Valid responses =	37	2	1571	88	150	8	1778	8.6			

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.	Freq.	Pct.	
1 Did not affect academic performance	96	69	278	60	42	62	418	61.7			
2 Negatively impacted performance in a class	37	26	159	34	17	25	216	31.9			
3 Delayed progress towards degree	7	5	28	6	9	13	44	6.5			
Valid responses =	140	21	465	69	68	10	678	3.3			

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.	Freq.	Pct.	
1 Yes, within the last 12 months	453	8	1374	11	184	13	2028	9.9			
2 Yes, more than 12 months ago	473	8	1291	10	141	10	1928	9.5			
3 No	4637	77	8663	68	1017	69	14456	70.9			
4 Unsure	447	7	1381	11	131	9	1976	9.7			
Valid responses =	6010	29	12709	62	1473	7	20388	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.	Freq.	Pct.	
1 No	5847	98	12446	98	1434	98	19909	98.1			
2 Yes	131	2	210	2	32	2	379	1.9			
Valid responses =	5978	29	12656	62	1466	7	20288	98.4			

Invalid responses include no response.



# AMERICAN COLLEGE HEALTH ASSOCIATION

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January 29, 2026

FREQUENCY REPORT

Number of Surveys (n) = 20623 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

	Trans/Gender						Total	
	Cis Men		Cis Women		Non-conforming			
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 No	4606	77	8845	70	1024	70	14609 71.9	
2 Yes	1375	23	3835	30	447	30	5717 28.1	
Valid responses =	5981	29	12680	62	1471	7	20326 98.6	

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

	Trans/Gender						Total	
	Cis Men		Cis Women		Non-conforming			
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 No	5065	85	10517	83	936	64	16659 81.9	
2 Yes	928	16	2154	17	537	37	3674 18.1	
Valid responses =	5993	29	12671	62	1473	7	20333 98.6	

Invalid responses include no response.

## R65A3) Have you ever been diagnosed by a healthcare or mental health professional with any of the following ongoing or chronic conditions?

Alcohol or Other Substance Use Disorder

	Trans/Gender						Total	
	Cis Men		Cis Women		Non-conforming			
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 No	5861	98	12425	98	1428	98	19901 97.9	
2 Yes	124	2	249	2	36	3	417 2.1	
Valid responses =	5985	29	12674	62	1464	7	20318 98.5	

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

	Trans/Gender						Total	
	Cis Men		Cis Women		Non-conforming			
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 No	5367	90	10786	85	1216	83	17517 86.2	
2 Yes	628	11	1878	15	253	17	2801 13.8	
Valid responses =	5995	30	12664	62	1469	7	20318 98.5	

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

	Trans/Gender						Total	
	Cis Men		Cis Women		Non-conforming			
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 No	5218	87	10749	85	1225	84	17344 85.5	
2 Yes	765	13	1903	15	242	17	2950 14.5	
Valid responses =	5983	29	12652	62	1467	7	20294 98.4	

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)

	Trans/Gender						Total	
	Cis Men		Cis Women		Non-conforming			
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 No	4385	73	8509	67	955	65	13981 68.9	
2 Yes	1597	27	4150	33	509	35	6318 31.1	
Valid responses =	5982	29	12659	62	1464	7	20299 98.4	

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)

	Trans/Gender						Total	
	Cis Men		Cis Women		Non-conforming			
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 No	4865	81	7217	57	541	37	12728 62.6	
2 Yes	1129	19	5461	43	929	63	7608 37.4	
Valid responses =	5994	29	12678	62	1470	7	20336 98.6	

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

	Trans/Gender						Total	
	Cis Men		Cis Women		Non-conforming			
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 No	5186	87	10567	83	1183	81	17095 84.1	
2 Yes	801	13	2120	17	285	19	3240 15.9	
Valid responses =	5987	29	12687	62	1468	7	20335 98.6	

Invalid responses include no response.



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FREQUENCY REPORT

Number of Surveys (n) = 20623 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

	Trans/Gender						Total	
	Cis Men		Cis Women		Non-conforming			
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	5697	95	12290	97	1207	82	19355	95.4
2 Yes	277	5	370	3	259	18	937	4.6
Valid responses =	5974	29	12660	62	1466	7	20292	98.4

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)

	Trans/Gender						Total	
	Cis Men		Cis Women		Non-conforming			
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	5859	98	12291	97	1368	93	19699	97.0
2 Yes	124	2	368	3	100	7	605	3.0
Valid responses =	5983	29	12659	62	1468	7	20304	98.5

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

	Trans/Gender						Total	
	Cis Men		Cis Women		Non-conforming			
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	5926	99	12441	98	1389	95	19942	98.1
2 Yes	54	1	242	2	80	5	382	1.9
Valid responses =	5980	29	12683	62	1469	7	20324	98.6

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

	Trans/Gender						Total	
	Cis Men		Cis Women		Non-conforming			
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	5933	99	12519	99	1451	99	20090	98.8
2 Yes	56	1	155	1	17	1	234	1.2
Valid responses =	5989	29	12674	62	1468	7	20324	98.6

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

	Trans/Gender						Total	
	Cis Men		Cis Women		Non-conforming			
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	5945	99	12465	99	1441	98	20039	98.7
2 Yes	35	1	192	2	28	2	260	1.3
Valid responses =	5980	29	12657	62	1469	7	20299	98.4

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)

	Trans/Gender						Total	
	Cis Men		Cis Women		Non-conforming			
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	5624	94	11190	88	1158	79	18128	89.3
2 Yes	357	6	1464	12	307	21	2162	10.7
Valid responses =	5981	29	12654	62	1465	7	20290	98.4

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)

	Trans/Gender						Total	
	Cis Men		Cis Women		Non-conforming			
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	5068	85	8742	69	655	45	14584	71.7
2 Yes	922	15	3933	31	818	56	5746	28.3
Valid responses =	5990	29	12675	62	1473	7	20330	98.6

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

	Trans/Gender						Total	
	Cis Men		Cis Women		Non-conforming			
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	5808	97	12054	95	1399	95	19436	95.7
2 Yes	174	3	613	5	72	5	873	4.3
Valid responses =	5982	29	12667	62	1471	7	20309	98.5

Invalid responses include no response.



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FREQUENCY REPORT

Number of Surveys (n) = 20623 Web Surveys

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	5891	98	11631	92	1297	88	18983	93.5
2 Yes	95	2	1037	8	174	12	1329	6.5
Valid responses =	5986	29	12668	62	1471	7	20312	98.5

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	5979	100	12251	97	1425	97	19831	97.5
2 Yes	13	0	432	3	47	3	506	2.5
Valid responses =	5992	29	12683	62	1472	7	20337	98.6

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	5965	100	12654	100	1465	100	20267	99.7
2 Yes	28	1	18	0	5	0	57	0.3
Valid responses =	5993	29	12672	62	1470	7	20324	98.6

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	5955	100	12502	99	1458	99	20097	99.1
2 Yes	27	1	147	1	9	1	189	0.9
Valid responses =	5982	29	12649	62	1467	7	20286	98.4

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	5711	96	11718	93	1333	91	18928	93.2
2 Yes	270	5	945	8	136	9	1372	6.8
Valid responses =	5981	29	12663	62	1469	7	20300	98.4

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	5864	98	12263	97	1399	95	19703	97.0
2 Yes	119	2	403	3	72	5	606	3.0
Valid responses =	5983	29	12666	62	1471	7	20309	98.5

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	5969	100	12647	100	1464	100	20263	99.7
2 Yes	19	0	35	0	5	0	62	0.3
Valid responses =	5988	29	12682	62	1469	7	20325	98.6

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	5674	95	12241	97	1408	96	19499	95.9
2 Yes	313	5	440	4	62	4	827	4.1
Valid responses =	5987	29	12681	62	1470	7	20326	98.6

Invalid responses include no response.



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### FREQUENCY REPORT

Number of Surveys (n) = 20623 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	5760	96	12089	96	1392	95	19414	95.6
2 Yes	228	4	575	5	75	5	893	4.4
Valid responses =	5988	29	12664	62	1467	7	20307	98.5

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	5965	100	12653	100	1465	100	20268	99.8
2 Yes	23	0	16	0	6	0	48	0.2
Valid responses =	5988	29	12669	62	1471	7	20316	98.5

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	5948	100	12425	98	1453	99	20011	98.5
2 Yes	32	1	246	2	17	1	296	1.5
Valid responses =	5980	29	12671	62	1470	7	20307	98.5

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	5713	96	11598	92	1232	84	18704	92.2
2 Yes	272	5	1053	8	242	16	1593	7.8
Valid responses =	5985	29	12651	62	1474	7	20297	98.4

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	5823	97	11790	93	1358	92	19140	94.3
2 Yes	153	3	864	7	115	8	1150	5.7
Valid responses =	5976	29	12654	62	1473	7	20290	98.4

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	5923	98.9	12369	97.7	1419	96.5	19891	98
2 Yes	63	1.1	286	2.3	51	3.5	407	2
Valid responses =	5986	29	12655	62	1470	7	20298	98.4

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	5559	93	10401	82	1185	80	17296	85.2
2 Yes	422	7	2263	18	288	20	3009	14.8
Valid responses =	5981	29	12664	62	1473	7	20305	98.5

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 Dysmorphism, 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	5784	97	11503	91	1230	84	18676	92.0
2 Yes	199	3	1153	9	243	17	1622	8.0
Valid responses =	5983	29	12656	62	1473	7	20298	98.4

Invalid responses include no response.



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### FREQUENCY REPORT

Number of Surveys (n) = 20623 Web Surveys

**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)**

	Trans/Gender						Total	
	Cis Men		Cis Women		Non-conforming			
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 No	5971	100	11875	94	1376	94	19394 95.5	
2 Yes	11	0	792	6	93	6	910 4.5	
Valid responses =	5982	29	12667	62	1469	7	20304 98.5	

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**

	Trans/Gender						Total	
	Cis Men		Cis Women		Non-conforming			
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 No	5737	96	11281	89	1153	78	18324 90.2	
2 Yes	247	4	1386	11	320	22	1989 9.8	
Valid responses =	5984	29	12667	62	1473	7	20313 98.5	

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)**

	Trans/Gender						Total	
	Cis Men		Cis Women		Non-conforming			
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 No	5943	99	12611	100	1445	98	20182 99.5	
2 Yes	35	1	46	0	27	2	111 0.5	
Valid responses =	5978	29	12657	62	1472	7	20293 98.4	

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**

	Trans/Gender						Total	
	Cis Men		Cis Women		Non-conforming			
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 No	5740	96	12322	97	1407	96	19646 96.7	
2 Yes	243	4	348	3	63	4	664 3.3	
Valid responses =	5983	29	12670	62	1470	7	20310 98.5	

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**

	Trans/Gender						Total	
	Cis Men		Cis Women		Non-conforming			
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 No	5889	98	12067	95	1402	95	19536 96.3	
2 Yes	93	2	590	5	70	5	760 3.7	
Valid responses =	5982	29	12657	62	1472	7	20296 98.4	

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**

	Trans/Gender						Total	
	Cis Men		Cis Women		Non-conforming			
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 No	5945	99	12589	100	1431	97	20146 99.3	
2 Yes	35	1	67	1	38	3	145 0.7	
Valid responses =	5980	29	12656	62	1469	7	20291 98.4	

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)**

	Trans/Gender						Total	
	Cis Men		Cis Women		Non-conforming			
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 No	5880	98	12443	98	1437	98	19940 98.3	
2 Yes	97	2	211	2	31	2	343 1.7	
Valid responses =	5977	29	12654	62	1468	7	20283 98.4	

Invalid responses include no response.



# AMERICAN COLLEGE HEALTH ASSOCIATION

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January 29, 2026

FREQUENCY REPORT

Number of Surveys (n) = 20623 Web Surveys

**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)

	Trans/Gender						Total	
	Cis Men		Cis Women		Non-conforming			
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	5915	99	12433	98	1439	98	19961	98.4
2 Yes	62	1	229	2	31	2	333	1.6
Valid responses =	5977	29	12662	62	1470	7	20294	98.4

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

	Trans/Gender						Total	
	Cis Men		Cis Women		Non-conforming			
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	5447	96	10867	91	1140	82	17602	92.1
2 Yes	229	4	1017	9	246	18	1516	7.9
Valid responses =	5676	30	11884	62	1386	7	19118	92.7

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

	Trans/Gender						Total	
	Cis Men		Cis Women		Non-conforming			
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	195	88	814	85	204	86	1232	85.4
2 Yes	27	12	145	15	34	14	210	14.6
Valid responses =	222	15	959	67	238	17	1442	7.0

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

	Trans/Gender						Total	
	Cis Men		Cis Women		Non-conforming			
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	178	81	641	67	183	76	1021	70.8
2 Yes	43	20	318	33	57	24	422	29.2
Valid responses =	221	15	959	66	240	17	1443	7.0

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

	Trans/Gender						Total	
	Cis Men		Cis Women		Non-conforming			
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	211	96	855	90	215	91	1304	91.0
2 Yes	10	5	97	10	22	9	129	9.0
Valid responses =	221	15	952	66	237	17	1433	6.9

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

	Trans/Gender						Total	
	Cis Men		Cis Women		Non-conforming			
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	183	83	777	81	179	74	1157	79.9
2 Yes	38	17	185	19	62	26	291	20.1
Valid responses =	221	15	962	66	241	17	1448	7.0

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

	Trans/Gender						Total	
	Cis Men		Cis Women		Non-conforming			
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	192	87	841	88	211	89	1264	88.1
2 Yes	29	13	112	12	27	11	170	11.9
Valid responses =	221	15	953	66	238	17	1434	7.0

Invalid responses include no response.



# AMERICAN COLLEGE HEALTH ASSOCIATION

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**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	182	82	769	80	199	83	1168	81.1
2 Yes	40	18	188	20	40	17	273	18.9
Valid responses =	222	15	957	66	239	17	1441	7.0

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	211	95	880	92	215	90	1327	92.3
2 Yes	11	5	74	8	23	10	110	7.7
Valid responses =	222	15	954	66	238	17	1437	7.0

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	194	88	868	91	209	88	1293	89.8
2 Yes	27	12	90	9	29	12	147	10.2
Valid responses =	221	15	958	67	238	17	1440	7.0

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	205	94	853	90	204	86	1285	89.9
2 Yes	14	6	98	10	33	14	145	10.1
Valid responses =	219	15	951	67	237	17	1430	6.9

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	217	98	938	98	234	98	1411	98.3
2 Yes	4	2	16	2	4	2	25	1.7
Valid responses =	221	15	954	66	238	17	1436	7.0

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	181	82	700	73	139	58	1032	71.7
2 Yes	40	18	256	27	101	42	408	28.3
Valid responses =	221	15	956	66	240	17	1440	7.0

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	189	85	802	84	179	76	1188	82.7
2 Yes	33	15	153	16	57	24	248	17.3
Valid responses =	222	15	955	67	236	16	1436	7.0

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	209	97	866	91	210	89	1305	91.1
2 Yes	7	3	91	10	26	11	127	8.9
Valid responses =	216	15	957	67	236	16	1432	6.9

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	207	94	904	95	224	95	1357	94.7
2 Yes	13	6	49	5	13	6	76	5.3
Valid responses =	220	15	953	67	237	17	1433	6.9

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	207	94	893	94	215	90	1335	93.0
2 Yes	13	6	62	7	23	10	101	7.0
Valid responses =	220	15	955	67	238	17	1436	7.0

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	209	95	923	97	228	97	1382	96.8
2 Yes	11	5	25	3	8	3	45	3.2
Valid responses =	220	15	948	66	236	17	1427	6.9

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	130	67	521	62	124	61	788	62.6
2 Yes	65	33	317	38	81	40	470	37.4
Valid responses =	195	16	838	67	205	16	1258	6.1

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	25	93	109	76	25	76	161	77.8
2 Yes	2	7	34	24	8	24	46	22.2
Valid responses =	27	13	143	69	33	16	207	1.0

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	20	74	76	52	20	59	117	55.7
2 Yes	7	26	69	48	14	41	93	44.3
Valid responses =	27	13	145	69	34	16	210	1.0

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	25	93	118	83	27	82	173	83.6
2 Yes	2	7	25	18	6	18	34	16.4
Valid responses =	27	13	143	69	33	16	207	1.0

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	25	93	120	83	26	79	175	84.1
2 Yes	2	7	24	17	7	21	33	15.9
Valid responses =	27	13	144	69	33	16	208	1.0

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	25	93	92	63	25	76	144	68.9
2 Yes	2	7	53	37	8	24	65	31.1
Valid responses =	27	13	145	69	33	16	209	1.0

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	19	73	90	74	22	73	134	74.0
2 Yes	7	27	31	26	8	27	47	26.0
Valid responses =	26	14	121	67	30	17	181	0.9

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	40	93	266	86	49	89	358	86.9
2 Yes	3	7	44	14	6	11	54	13.1
Valid responses =	43	10	310	75	55	13	412	2.0

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	41	95	301	98	53	98	399	98.0
2 Yes	2	5	5	2	1	2	8	2.0
Valid responses =	43	11	306	75	54	13	407	2.0

Invalid responses include no response.



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## 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	39	93	263	86	47	86	353	86.9
2 Yes	3	7	42	14	8	15	53	13.1
Valid responses =	42	10	305	75	55	14	406	2.0

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	13	33	134	46	23	45	171	44.4
2 Yes	26	67	157	54	28	55	214	55.6
Valid responses =	39	10	291	76	51	13	385	1.9

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	7	70	37	38	10	46	54	41.9
2 Yes	3	30	60	62	12	55	75	58.1
Valid responses =	10	8	97	75	22	17	129	0.6

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	7	70	94	99	19	91	120	95.2
2 Yes	3	30	1	1	2	10	6	4.8
Valid responses =	10	8	95	75	21	17	126	0.6

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	10	100	85	90	19	91	114	90.5
2 Yes	0	0	10	11	2	10	12	9.5
Valid responses =	10	8	95	75	21	17	126	0.6

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	9	90	80	83	17	81	106	83.5
2 Yes	1	10	16	17	4	19	21	16.5
Valid responses =	10	8	96	76	21	17	127	0.6

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	10	100	93	98	19	91	122	96.8
2 Yes	0	0	2	2	2	10	4	3.2
Valid responses =	10	8	95	75	21	17	126	0.6

Invalid responses include no response.



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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.	Freq.	Pct.	
1 No	2	25	51	62	12	57			65	58.6	
2 Yes	6	75	31	38	9	43			46	41.4	
Valid responses =	8	7	82	74	21	19			111	0.5	

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.	Freq.	Pct.	
1 No	35	92	171	98	59	95			271	96.8	
2 Yes	3	8	3	2	3	5			9	3.2	
Valid responses =	38	14	174	62	62	22			280	1.4	

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.	Freq.	Pct.	
1 No	27	71	152	86	55	90			239	85.1	
2 Yes	11	29	24	14	6	10			42	14.9	
Valid responses =	38	14	176	63	61	22			281	1.4	

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.	Freq.	Pct.	
1 No	26	70	139	80	49	80			218	78.4	
2 Yes	11	30	35	20	12	20			60	21.6	
Valid responses =	37	13	174	63	61	22			278	1.3	

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.	Freq.	Pct.	
1 No	37	97	164	95	58	95			265	95.3	
2 Yes	1	3	9	5	3	5			13	4.7	
Valid responses =	38	14	173	62	61	22			278	1.3	

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.	Freq.	Pct.	
1 No	20	57	84	54	30	52			136	54.0	
2 Yes	15	43	71	46	28	48			116	46.0	
Valid responses =	35	14	155	62	58	23			252	1.2	

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.	Freq.	Pct.	
1 No	27	93	94	87	22	82			145	87.3	
2 Yes	2	7	14	13	5	19			21	12.7	
Valid responses =	29	17	108	65	27	16			166	0.8	

Invalid responses include no response.



# AMERICAN COLLEGE HEALTH ASSOCIATION

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January 29, 2026

FREQUENCY REPORT

Number of Surveys (n) = 20623 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.	Freq.	Pct.	
1 No	16	55	47	43	14	54	77	46.1	77	46.1	
2 Yes	13	45	63	57	12	46	90	53.9	90	53.9	
Valid responses =	29			110			66			167	0.8

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.	Freq.	Pct.	
1 No	29	100	106	99	23	89	160	97.6	160	97.6	
2 Yes	0	0	1	1	3	12	4	2.4	4	2.4	
Valid responses =	29			107			65			164	0.8

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.	Freq.	Pct.	
1 No	27	93	99	92	24	92	152	92.1	152	92.1	
2 Yes	2	7	9	8	2	8	13	7.9	13	7.9	
Valid responses =	29			108			65			165	0.8

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.	Freq.	Pct.	
1 No	28	97	103	97	24	92	157	96.3	157	96.3	
2 Yes	1	3	3	3	2	8	6	3.7	6	3.7	
Valid responses =	29			106			65			163	0.8

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.	Freq.	Pct.	
1 No	19	66	80	75	20	77	120	73.2	120	73.2	
2 Yes	10	35	27	25	6	23	44	26.8	44	26.8	
Valid responses =	29			107			65			164	0.8

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.	Freq.	Pct.	
1 No	28	97	103	97	25	96	158	96.9	158	96.9	
2 Yes	1	3	3	3	1	4	5	3.1	5	3.1	
Valid responses =	29			106			65			163	0.8

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.	Freq.	Pct.	
1 No	19	70	65	68	17	71	103	69.6	103	69.6	
2 Yes	8	30	30	32	7	29	45	30.4	45	30.4	
Valid responses =	27			95			64			148	0.7

Invalid responses include no response.



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FREQUENCY REPORT

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## 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.	Freq.	Pct.	
1 No	31	82	157	86	34	85			226	85.0	
2 Yes	7	18	26	14	6	15			40	15.0	
Valid responses =	38	14	183	69	40	15			266	1.3	

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.	Freq.	Pct.	
1 No	37	100	174	95	37	93			253	95.5	
2 Yes	0	0	9	5	3	8			12	4.5	
Valid responses =	37	14	183	69	40	15			265	1.3	

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.	Freq.	Pct.	
1 No	30	81	166	92	39	98			240	91.3	
2 Yes	7	19	15	8	1	3			23	8.7	
Valid responses =	37	14	181	69	40	15			263	1.3	

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.	Freq.	Pct.	
1 No	34	92	164	90	37	93			239	90.2	
2 Yes	3	8	19	10	3	8			26	9.8	
Valid responses =	37	14	183	69	40	15			265	1.3	

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.	Freq.	Pct.	
1 No	33	89	158	86	38	95			234	88.0	
2 Yes	4	11	26	14	2	5			32	12.0	
Valid responses =	37	14	184	69	40	15			266	1.3	

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.	Freq.	Pct.	
1 No	21	66	97	58	20	57			140	58.3	
2 Yes	11	34	71	42	15	43			100	41.7	
Valid responses =	32	13	168	70	35	15			240	1.2	

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.	Freq.	Pct.	
1 No	18	67	56	68	19	66			94	67.1	
2 Yes	9	33	27	33	10	35			46	32.9	
Valid responses =	27	19	83	59	29	21			140	0.7	

Invalid responses include no response.



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FREQUENCY REPORT

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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

	Trans/Gender						Total	
	Cis Men		Cis Women		Non-conforming			
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	27	100	79	98	28	97	135	97.8
2 Yes	0	0	2	3	1	3	3	2.2
Valid responses =	27	20	81	59	29	21	138	0.7

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

	Trans/Gender						Total	
	Cis Men		Cis Women		Non-conforming			
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	26	96	65	79	17	59	109	78.4
2 Yes	1	4	17	21	12	41	30	21.6
Valid responses =	27	19	82	59	29	21	139	0.7

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

	Trans/Gender						Total	
	Cis Men		Cis Women		Non-conforming			
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	11	41	35	51	8	31	54	43.9
2 Yes	16	59	34	49	18	69	69	56.1
Valid responses =	27	22	69	56	26	21	123	0.6

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

	Trans/Gender						Total	
	Cis Men		Cis Women		Non-conforming			
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	10	71	73	76	23	72	106	74.6
2 Yes	4	29	23	24	9	28	36	25.4
Valid responses =	14	10	96	68	32	23	142	0.7

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

	Trans/Gender						Total	
	Cis Men		Cis Women		Non-conforming			
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	13	93	89	95	28	90	130	93.5
2 Yes	1	7	5	5	3	10	9	6.5
Valid responses =	14	10	94	68	31	22	139	0.7

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

	Trans/Gender						Total	
	Cis Men		Cis Women		Non-conforming			
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	11	79	88	94	28	90	127	91.4
2 Yes	3	21	6	6	3	10	12	8.6
Valid responses =	14	10	94	68	31	22	139	0.7

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

	Trans/Gender						Total	
	Cis Men		Cis Women		Non-conforming			
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	12	86	90	97	30	97	132	95.7
2 Yes	2	14	3	3	1	3	6	4.3
Valid responses =	14	10	93	67	31	22	138	0.7

Invalid responses include no response.



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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.	Freq.	Pct.	
1 No	11	79	78	84	23	74	112	81.2			
2 Yes	3	21	15	16	8	26	26	18.8			
Valid responses =	14	10	93	67	31	22	138	0.7			

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.	Freq.	Pct.	
1 No	11	79	91	96	30	97	132	94.3			
2 Yes	3	21	4	4	1	3	8	5.7			
Valid responses =	14	10	95	68	31	22	140	0.7			

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.	Freq.	Pct.	
1 No	7	64	35	40	9	29	51	39.2			
2 Yes	4	36	53	60	22	71	79	60.8			
Valid responses =	11	8	88	68	31	24	130	0.6			

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.	Freq.	Pct.	
1 No	4	100	11	79	0	0	15	65.2			
2 Yes	0	0	3	21	4	100	8	34.8			
Valid responses =	4	17	14	61	4	17	23	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.	Freq.	Pct.	
1 No	2	50	8	62	1	33	12	57.1			
2 Yes	2	50	5	39	2	67	9	42.9			
Valid responses =	4	19	13	62	3	14	21	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.	Freq.	Pct.	
1 No	29	88	125	84	47	83	206	84.4			
2 Yes	4	12	24	16	10	18	38	15.6			
Valid responses =	33	14	149	61	57	23	244	1.2			

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.	Freq.	Pct.	
1 No	31	94	116	78	40	70	190	77.9			
2 Yes	2	6	33	22	17	30	54	22.1			
Valid responses =	33	14	149	61	57	23	244	1.2			

Invalid responses include no response.



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## 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	33	100	145	98	53	93	235	96.7
2 Yes	0	0	3	2	4	7	8	3.3
Valid responses =	33	14	148	61	57	23	243	1.2

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	32	97	142	96	56	98	235	96.7
2 Yes	1	3	6	4	1	2	8	3.3
Valid responses =	33	14	148	61	57	23	243	1.2

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	25	76	120	81	52	91	201	82.7
2 Yes	8	24	28	19	5	9	42	17.3
Valid responses =	33	14	148	61	57	23	243	1.2

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	32	97	135	92	56	98	228	94.2
2 Yes	1	3	12	8	1	2	14	5.8
Valid responses =	33	14	147	61	57	24	242	1.2

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	28	88	112	76	44	77	189	78.4
2 Yes	4	13	35	24	13	23	52	21.6
Valid responses =	32	13	147	61	57	24	241	1.2

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	12	39	52	38	19	37	85	37.9
2 Yes	19	61	86	62	33	64	139	62.1
Valid responses =	31	14	138	62	52	23	224	1.1

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	7	100	79	88	22	85	111	88.1
2 Yes	0	0	11	12	4	15	15	11.9
Valid responses =	7	6	90	71	26	21	126	0.6

Invalid responses include no response.



# AMERICAN COLLEGE HEALTH ASSOCIATION

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

### Reference Group Data Report - Fall 2025

American College Health Association

8455 Colesville Road, Suite 740

Silver Spring, MD 20910

(410) 859-1500

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

January 29, 2026

### FREQUENCY REPORT

Number of Surveys (n) = 20623 Web Surveys

#### 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.	Freq.	Pct.	
1 No	7	100	84	96	25	96	119	96.0			
2 Yes	0	0	4	5	1	4	5	4.0			
Valid responses =	7	6	88	71	26	21	124	0.6			

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.	Freq.	Pct.	
1 No	7	100	44	49	10	39	62	49.2			
2 Yes	0	0	46	51	16	62	64	50.8			
Valid responses =	7	6	90	71	26	21	126	0.6			

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.	Freq.	Pct.	
1 No	6	86	88	100	25	96	122	98.4			
2 Yes	1	14	0	0	1	4	2	1.6			
Valid responses =	7	6	88	71	26	21	124	0.6			

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.	Freq.	Pct.	
1 No	2	29	79	90	20	80	104	84.6			
2 Yes	5	71	9	10	5	20	19	15.4			
Valid responses =	7	6	88	72	25	20	123	0.6			

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.	Freq.	Pct.	
1 No	2	40	46	58	13	57	63	57.3			
2 Yes	3	60	34	43	10	44	47	42.7			
Valid responses =	5	5	80	73	23	21	110	0.5			

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.	Freq.	Pct.	
1 No	13	100	44	100	12	92	70	98.6			
2 Yes	0	0	0	0	1	8	1	1.4			
Valid responses =	13	18	44	62	13	18	71	0.3			

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.	Freq.	Pct.	
1 No	13	100	45	100	12	92	71	98.6			
2 Yes	0	0	0	0	1	8	1	1.4			
Valid responses =	13	18	45	63	13	18	72	0.3			

Invalid responses include no response.



# AMERICAN COLLEGE HEALTH ASSOCIATION

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

Reference Group Data Report - Fall 2025

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January 29, 2026

FREQUENCY REPORT

Number of Surveys (n) = 20623 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 Tuberculosis

	Cis Men			Cis Women			Trans/Gender Non-conforming			Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	
1 No	13	100	45	100	12	92	71	98.6			
2 Yes	0	0	0	0	1	8	1	1.4			
Valid responses =	13	18	45	63	13	18	72	0.3			

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.	Freq.	Pct.	
1 No	8	62	25	63	7	64	41	63.1			
2 Yes	5	39	15	38	4	36	24	36.9			
Valid responses =	13	20	40	62	11	17	65	0.3			

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.	Freq.	Pct.	
1 No	9	69	41	68	18	78	69	70.4			
2 Yes	4	31	19	32	5	22	29	29.6			
Valid responses =	13	13	60	61	23	23	98	0.5			

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.	Freq.	Pct.	
1 No	11	85	42	69	16	70	71	71.7			
2 Yes	2	15	19	31	7	30	28	28.3			
Valid responses =	13	13	61	62	23	23	99	0.5			

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.	Freq.	Pct.	
1 No	10	77	50	82	14	61	76	76.8			
2 Yes	3	23	11	18	9	39	23	23.2			
Valid responses =	13	13	61	62	23	23	99	0.5			

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.	Freq.	Pct.	
1 No	9	69	50	82	20	87	81	81.8			
2 Yes	4	31	11	18	3	13	18	18.2			
Valid responses =	13	13	61	62	23	23	99	0.5			

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.	Freq.	Pct.	
1 No	10	77	51	84	17	74	80	80.8			
2 Yes	3	23	10	16	6	26	19	19.2			
Valid responses =	13	13	61	62	23	23	99	0.5			

Invalid responses include no response.



## 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	13	100	55	92	18	78	88	89.8
2 Yes	0	0	5	8	5	22	10	10.2
Valid responses =	13	13	60	61	23	23	98	0.5

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	9	75	46	87	11	58	67	78.8
2 Yes	3	25	7	13	8	42	18	21.2
Valid responses =	12	14	53	62	19	22	85	0.4

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	10	91	23	92	6	75	40	88.9
2 Yes	1	9	2	8	2	25	5	11.1
Valid responses =	11	24	25	56	8	18	45	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	9	82	23	92	5	63	38	84.4
2 Yes	2	18	2	8	3	38	7	15.6
Valid responses =	11	24	25	56	8	18	45	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	9	82	20	80	7	88	37	82.2
2 Yes	2	18	5	20	1	13	8	17.8
Valid responses =	11	24	25	56	8	18	45	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	8	73	13	54	6	75	28	63.6
2 Yes	3	27	11	46	2	25	16	36.4
Valid responses =	11	25	24	55	8	18	44	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	6	86	14	58	6	75	27	67.5
2 Yes	1	14	10	42	2	25	13	32.5
Valid responses =	7	18	24	60	8	20	40	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 - Fall 2025

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

January 29, 2026

FREQUENCY REPORT

Number of Surveys (n) = 20623 Web Surveys

#### 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	126	80	471	86	52	81	660	84.6
2 Yes	32	20	74	14	12	19	120	15.4
Valid responses =	158	20	545	70	64	8	780	3.8

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	107	68	452	82	55	85	622	79.3
2 Yes	50	32	97	18	10	15	162	20.7
Valid responses =	157	20	549	70	65	8	784	3.8

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	71	43	156	26	17	25	248	29.5
2 Yes	93	57	440	74	51	75	594	70.5
Valid responses =	164	19	596	71	68	8	842	4.1

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	151	98	489	91	58	92	708	92.2
2 Yes	3	2	49	9	5	8	60	7.8
Valid responses =	154	20	538	70	63	8	768	3.7

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	932	68	2152	56	294	66	3412	59.9
2 Yes	438	32	1673	44	152	34	2285	40.1
Valid responses =	1370	24	3825	67	446	8	5697	27.6

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	349	38	546	25	102	19	1012	27.6
2 Yes	579	62	1601	75	434	81	2651	72.4
Valid responses =	928	25	2147	59	536	15	3663	17.8

Invalid responses include no response.

#### R65T3) 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 Substance Use Disorder

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	72	58	136	55	17	50	232	55.9
2 Yes	52	42	113	45	17	50	183	44.1
Valid responses =	124	30	249	60	34	8	415	2.0

Invalid responses include no response.



# AMERICAN COLLEGE HEALTH ASSOCIATION

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January 29, 2026

FREQUENCY REPORT

Number of Surveys (n) = 20623 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	446	71	1164	62	179	72	1818	65.3
2 Yes	181	29	704	38	71	28	965	34.7
Valid responses =	627	23	1868	67	250	9	2783	13.5

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	561	74	1264	67	180	75	2032	69.3
2 Yes	200	26	629	33	61	25	899	30.7
Valid responses =	761	26	1893	65	241	8	2931	14.2

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	1183	74	2684	65	386	76	4295	68.3
2 Yes	409	26	1441	35	122	24	1989	31.7
Valid responses =	1592	25	4125	66	508	8	6284	30.5

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	390	35	1378	25	229	25	2019	26.6
2 Yes	735	65	4071	75	699	75	5569	73.4
Valid responses =	1125	15	5449	72	928	12	7588	36.8

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	558	70	1175	56	187	66	1944	60.4
2 Yes	238	30	932	44	96	34	1274	39.6
Valid responses =	796	25	2107	65	283	9	3218	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	165	61	171	46	106	41	459	49.3
2 Yes	107	39	199	54	152	59	472	50.7
Valid responses =	272	29	370	40	258	28	931	4.5

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	41	33	99	27	29	29	171	28.5
2 Yes	82	67	267	73	70	71	430	71.5
Valid responses =	123	20	366	61	99	16	601	2.9

Invalid responses include no response.



# AMERICAN COLLEGE HEALTH ASSOCIATION

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### FREQUENCY REPORT

Number of Surveys (n) = 20623 Web Surveys

**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

	Trans/Gender						Total	
	Cis Men		Cis Women		Non-conforming			
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 No	27	52	78	33	25	31	132 34.9	
2 Yes	25	48	162	68	55	69	246 65.1	
Valid responses =	52	14	240	63	80	21	378 1.8	

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

	Trans/Gender						Total	
	Cis Men		Cis Women		Non-conforming			
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 No	19	35	62	41	7	47	90 39.5	
2 Yes	36	66	91	60	8	53	138 60.5	
Valid responses =	55	24	153	67	15	7	228 1.1	

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

	Trans/Gender						Total	
	Cis Men		Cis Women		Non-conforming			
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 No	20	59	91	48	20	74	135 52.7	
2 Yes	14	41	100	52	7	26	121 47.3	
Valid responses =	34	13	191	75	27	11	256 1.2	

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)

	Trans/Gender						Total	
	Cis Men		Cis Women		Non-conforming			
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 No	103	29	391	27	92	30	597 27.7	
2 Yes	251	71	1068	73	214	70	1555 72.3	
Valid responses =	354	16	1459	68	306	14	2152 10.4	

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)

	Trans/Gender						Total	
	Cis Men		Cis Women		Non-conforming			
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 No	336	37	1065	27	207	25	1627 28.4	
2 Yes	581	63	2859	73	609	75	4101 71.6	
Valid responses =	917	16	3924	69	816	14	5728 27.8	

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

	Trans/Gender						Total	
	Cis Men		Cis Women		Non-conforming			
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 No	51	30	172	28	29	41	256 29.5	
2 Yes	120	70	441	72	42	59	612 70.5	
Valid responses =	171	20	613	71	71	8	868 4.2	

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)

	Trans/Gender						Total	
	Cis Men		Cis Women		Non-conforming			
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 No	51	56	531	52	88	51	682 51.7	
2 Yes	40	44	501	49	85	49	636 48.3	
Valid responses =	91	7	1032	78	173	13	1318 6.4	

Invalid responses include no response.



# AMERICAN COLLEGE HEALTH ASSOCIATION

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Number of Surveys (n) = 20623 Web Surveys

**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	11	92	155	36	19	42	193	38.7
2 Yes	1	8	274	64	26	58	306	61.3
Valid responses =	12	2	429	86	45	9	499	2.4

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	21	78	15	83	3	75	44	81.5
2 Yes	6	22	3	17	1	25	10	18.5
Valid responses =	27	50	18	33	4	7	54	0.3

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	17	65	83	57	6	75	110	59.8
2 Yes	9	35	62	43	2	25	74	40.2
Valid responses =	26	14	145	79	8	4	184	0.9

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	131	49	438	47	66	49	647	47.4
2 Yes	137	51	504	54	68	51	717	52.6
Valid responses =	268	20	942	69	134	10	1364	6.6

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	57	48	153	38	22	31	237	39.4
2 Yes	61	52	249	62	49	69	365	60.6
Valid responses =	118	20	402	67	71	12	602	2.9

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	11	61	25	71	2	50	40	67.8
2 Yes	7	39	10	29	2	50	19	32.2
Valid responses =	18	31	35	59	4	7	59	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	106	34	127	29	21	34	258	31.3
2 Yes	206	66	312	71	40	66	565	68.7
Valid responses =	312	38	439	53	61	7	823	4.0

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	61	27	177	31	30	41	272	30.7
2 Yes	166	73	396	69	43	59	615	69.3
Valid responses =	227	26	573	65	73	8	887	4.3

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	9	41	12	75	4	80	28	60.9
2 Yes	13	59	4	25	1	20	18	39.1
Valid responses =	22	48	16	35	5	11	46	0.2

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	21	68	131	54	10	63	163	55.8
2 Yes	10	32	113	46	6	38	129	44.2
Valid responses =	31	11	244	84	16	5	292	1.4

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	110	41	422	40	112	47	657	41.6
2 Yes	160	59	623	60	128	53	923	58.4
Valid responses =	270	17	1045	66	240	15	1580	7.7

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	82	54	379	44	57	50	528	46.1
2 Yes	69	46	484	56	56	50	617	53.9
Valid responses =	151	13	863	75	113	10	1145	5.6

Invalid responses include no response.

65T41) 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	46	74	167	58.8	35	70	253	62.8
2 Yes	16	26	117	41.2	15	30	150	37.2
Valid responses =	62	15	284	70	50	12	403	2.0

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	251	60	924	41	147	52	1338	44.7
2 Yes	169	40	1330	59	138	48	1656	55.3
Valid responses =	420	14	2254	75	285	10	2994	14.5

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)

	Trans/Gender						Total	
	Cis Men		Cis Women		Non-conforming			
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	97	49	394	34	86	36	587	36.5
2 Yes	100	51	753	66	154	64	1023	63.5
Valid responses =	197	12	1147	71	240	15	1610	7.8

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)

	Trans/Gender						Total	
	Cis Men		Cis Women		Non-conforming			
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	9	90	221	28	39	42	279	30.8
2 Yes	1	10	569	72	53	58	627	69.2
Valid responses =	10	1	790	87	92	10	906	4.4

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

	Trans/Gender						Total	
	Cis Men		Cis Women		Non-conforming			
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	81	33	441	32	89	28	620	31.3
2 Yes	165	67	937	68	230	72	1359	68.7
Valid responses =	246	12	1378	70	319	16	1979	9.6

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, Schizopreniform Disorder, Delusional Disorder)

	Trans/Gender						Total	
	Cis Men		Cis Women		Non-conforming			
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	14	41	15	33	9	35	40	36.7
2 Yes	20	59	31	67	17	65	69	63.3
Valid responses =	34	31	46	42	26	24	109	0.5

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

	Trans/Gender						Total	
	Cis Men		Cis Women		Non-conforming			
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	89	37	143	41	28	46	263	39.9
2 Yes	153	63	203	59	33	54	396	60.1
Valid responses =	242	37	346	53	61	9	659	3.2

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

	Trans/Gender						Total	
	Cis Men		Cis Women		Non-conforming			
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	34	37	114	19	19	28	168	22.3
2 Yes	57	63	473	81	50	73	586	77.7
Valid responses =	91	12	587	78	69	9	754	3.7

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

	Trans/Gender						Total	
	Cis Men		Cis Women		Non-conforming			
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	17	50	45	68	17	46	83	58.5
2 Yes	17	50	21	32	20	54	59	41.5
Valid responses =	34	24	66	46	37	26	142	0.7

Invalid responses include no response.



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**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	61	64	127	61	19	63	209	61.5
2 Yes	35	37	83	40	11	37	131	38.5
Valid responses =	96	28	210	62	30	9	340	1.6

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	22	37	97	43	12	41	138	42.1
2 Yes	38	63	131	58	17	59	190	57.9
Valid responses =	60	18	228	70	29	9	328	1.6

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	128	58	394	41	92	39	626	43.5
2 Yes	91	42	568	59	145	61	814	56.5
Valid responses =	219	15	962	67	237	16	1440	7.0

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	74	13	149	9	41	9	265	10.0
2 Medicine only	297	51	624	39	133	31	1075	40.6
3 Therapy only	42	7	180	11	58	13	284	10.7
4 Both medicine and therapy	162	28	642	40	199	46	1012	38.2
5 Other Treatment	4	1	5	0	3	1	13	0.5
Valid responses =	579	22	1600	60	434	16	2649	12.8

Invalid responses include no response.

**R65U3) 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 Substance Use Disorder

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No treatment	15	29	28	25	1	6	44	24.2
2 Medicine only	3	6	3	3	0	0	6	3.3
3 Therapy only	17	33	49	43	8	47	74	40.7
4 Both medicine and therapy	14	27	24	21	5	29	43	23.6
5 Other Treatment	3	6	9	8	3	18	15	8.2
Valid responses =	52	29	113	62	17	9	182	0.9

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	81	11	320	8	42	6	447	8.0
2 Medicine only	191	26	956	24	131	19	1290	23.2
3 Therapy only	153	21	857	21	130	19	1156	20.8
4 Both medicine and therapy	304	41	1920	47	393	56	2647	47.6
5 Other Treatment	5	1	17	0	3	0	25	0.4
Valid responses =	734	13	4070	73	699	13	5565	27.0

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	34	32	62	32	44	29	148	31.5
2 Medicine only	14	13	10	5	2	1	26	5.5
3 Therapy only	43	40	94	48	91	60	232	49.4
4 Both medicine and therapy	15	14	28	14	13	9	57	12.1
5 Other Treatment	1	1	3	2	2	1	7	1.5
Valid responses =	107	23	197	42	152	32	470	2.3

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	8	10	12	5	6	9	27	6.3
2 Medicine only	19	23	52	20	12	17	86	20.0
3 Therapy only	8	10	31	12	2	3	41	9.5
4 Both medicine and therapy	47	57	170	64	50	71	274	63.7
5 Other Treatment	0	0	2	1	0	0	2	0.5
Valid responses =	82	19	267	62	70	16	430	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	7	28	11	7	6	11	24	9.8
2 Medicine only	3	12	18	11	5	9	26	10.6
3 Therapy only	8	32	46	28	12	22	69	28.0
4 Both medicine and therapy	7	28	87	54	32	58	127	51.6
5 Other Treatment	0	0	0	0	0	0	0	0.0
Valid responses =	25	10	162	66	55	22	246	1.2

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	52	9	145	5	30	5	234	5.7
2 Medicine only	118	20	608	21	109	18	841	20.5
3 Therapy only	117	20	522	18	107	18	756	18.5
4 Both medicine and therapy	290	50	1568	55	361	59	2246	54.9
5 Other Treatment	4	1	12	0	1	0	17	0.4
Valid responses =	581	14	2855	70	608	15	4094	19.9

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	11	28	114	23	20	24	147	23.1
2 Medicine only	4	10	31	6	3	4	38	6.0
3 Therapy only	17	43	242	48	48	57	311	49.0
4 Both medicine and therapy	6	15	95	19	11	13	116	18.3
5 Other Treatment	2	5	18	4	3	4	23	3.6
Valid responses =	40	6	500	79	85	13	635	3.1

Invalid responses include no response.



# AMERICAN COLLEGE HEALTH ASSOCIATION

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

### Reference Group Data Report - Fall 2025

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Silver Spring, MD 20910  
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[www.acha.org/ncha](http://www.acha.org/ncha)

January 29, 2026

FREQUENCY REPORT

Number of Surveys (n) = 20623 Web Surveys

#### 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	3	50	1	33	0	0	4	40.0
2 Medicine only	0	0	0	0	1	100	1	10.0
3 Therapy only	1	17	2	67	0	0	3	30.0
4 Both medicine and therapy	1	17	0	0	0	0	1	10.0
5 Other Treatment	1	17	0	0	0	0	1	10.0
Valid responses =	6	60	3	30	1	10	10	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	30	19	145	23	22	17	200	21.7
2 Medicine only	77	48	226	36	58	45	364	39.5
3 Therapy only	15	9	63	10	18	14	98	10.6
4 Both medicine and therapy	35	22	170	27	28	22	236	25.6
5 Other Treatment	3	2	18	3	2	2	23	2.5
Valid responses =	160	17	622	68	128	14	921	4.5

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 Dysmorphism, 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	11	11	86	11	15	10	112	11.0
2 Medicine only	14	14	104	14	15	10	135	13.2
3 Therapy only	34	34	208	28	44	29	293	28.7
4 Both medicine and therapy	41	41	350	47	80	52	477	46.7
5 Other Treatment	0	0	4	1	0	0	4	0.4
Valid responses =	100	10	752	74	154	15	1021	5.0

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	16	10	79	8	15	7	111	8.2
2 Medicine only	10	6	58	6	16	7	87	6.4
3 Therapy only	62	38	412	44	87	38	571	42.1
4 Both medicine and therapy	74	45	382	41	111	49	579	42.7
5 Other Treatment	3	2	5	1	0	0	8	0.6
Valid responses =	165	12	936	69	229	17	1356	6.6

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	1	5	4	13	0	0	5	7.2
2 Medicine only	4	20	5	16	3	18	13	18.8
3 Therapy only	1	5	4	13	5	29	10	14.5
4 Both medicine and therapy	13	65	18	58	9	53	40	58.0
5 Other Treatment	1	5	0	0	0	0	1	1.4
Valid responses =	20	29	31	45	17	25	69	0.3

Invalid responses include no response.



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January 29, 2026

### FREQUENCY REPORT

Number of Surveys (n) = 20623 Web Surveys

#### 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	4	24	6	29	4	20	15	25.4
2 Medicine only	6	35	9	43	5	25	20	33.9
3 Therapy only	1	6	4	19	5	25	10	16.9
4 Both medicine and therapy	3	18	2	10	6	30	11	18.6
5 Other Treatment	3	18	0	0	0	0	3	5.1
Valid responses =	17	29	21	36	20	34	59	0.3

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	11	31	19	23	1	10	32	24.6
2 Medicine only	9	26	14	17	2	20	25	19.2
3 Therapy only	5	14	15	18	3	30	24	18.5
4 Both medicine and therapy	8	23	25	30	3	30	36	27.7
5 Other Treatment	2	6	10	12	1	10	13	10.0
Valid responses =	35	27	83	64	10	8	130	0.6

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	63	14	240	14	35	23	345	15.1
2 Yes	374	86	1427	86	117	77	1933	84.9
Valid responses =	437	19	1667	73	152	7	2278	11.0

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	67	37	293	42	31	44	395	41.1
2 Yes	113	63	407	58	40	56	565	58.9
Valid responses =	180	19	700	73	71	7	960	4.7

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	62	31	185	30	20	33	270	30.2
2 Yes	137	69	441	70	41	67	624	69.8
Valid responses =	199	22	626	70	61	7	894	4.3

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	115	28	397	28	38	31	556	28.1
2 Yes	294	72	1036	72	84	69	1425	71.9
Valid responses =	409	21	1433	72	122	6	1981	9.6

Invalid responses include no response.

#### 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	45	19	127	14	19	20	192	15.1
2 Yes	192	81	801	86	77	80	1077	84.9
Valid responses =	237	19	928	73	96	8	1269	6.2

Invalid responses include no response.



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FREQUENCY REPORT

Number of Surveys (n) = 20623 Web Surveys

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	11	31	28	31	3	38	43	31.4
2 Yes	25	69	63	69	5	63	94	68.6
Valid responses =	36	26	91	66	8	6	137	0.7

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	6	46	41	41	5	71	52	43.3
2 Yes	7	54	59	59	2	29	68	56.7
Valid responses =	13	11	100	83	7	6	120	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	38	15	207	19	52	24	303	19.5
2 Yes	213	85	860	81	162	76	1250	80.5
Valid responses =	251	16	1067	69	214	14	1553	7.5

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	21	18	109	25	8	20	140	23.0
2 Yes	99	83	331	75	33	81	469	77.0
Valid responses =	120	20	440	72	41	7	609	3.0

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	84	31	5	19	90	29.5
2 Yes	1	100	189	69	21	81	215	70.5
Valid responses =	1	0	273	90	26	9	305	1.5

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	3	33	13	21	1	50	17	23.0
2 Yes	6	67	49	79	1	50	57	77.0
Valid responses =	9	12	62	84	2	3	74	0.4

Invalid responses include no response.

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	21	15	84	17	18	27	127	17.7
2 Yes	116	85	420	83	50	74	590	82.3
Valid responses =	137	19	504	70	68	9	717	3.5

Invalid responses include no response.



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FREQUENCY REPORT

Number of Surveys (n) = 20623 Web Surveys

**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)

	Trans/Gender						Total
	Cis Men		Cis Women		Non-conforming		
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	
1 No	22	36	74	30	17	35	114 31.4
2 Yes	39	64	174	70	32	65	249 68.6
Valid responses =	61	17	248	68	49	13	363 1.8

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

	Trans/Gender						Total
	Cis Men		Cis Women		Non-conforming		
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	
1 No	2	29	3	30	0	0	5 26.3
2 Yes	5	71	7	70	2	100	14 73.7
Valid responses =	7	37	10	53	2	11	19 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)

	Trans/Gender						Total
	Cis Men		Cis Women		Non-conforming		
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	
1 No	56	27	67	22	10	25	134 23.7
2 Yes	150	73	245	79	30	75	431 76.3
Valid responses =	206	36	312	55	40	7	565 2.7

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)

	Trans/Gender						Total
	Cis Men		Cis Women		Non-conforming		
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	
1 No	58	35	174	44	26	61	263 42.8
2 Yes	108	65	222	56	17	40	352 57.2
Valid responses =	166	27	396	64	43	7	615 3.0

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

	Trans/Gender						Total
	Cis Men		Cis Women		Non-conforming		
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	
1 No	1	8	1	25	1	100	3 16.7
2 Yes	12	92	3	75	0	0	15 83.3
Valid responses =	13	72	4	22	1	6	18 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

	Trans/Gender						Total
	Cis Men		Cis Women		Non-conforming		
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	
1 No	2	20	46	41	5	83	53 41.1
2 Yes	8	80	67	59	1	17	76 58.9
Valid responses =	10	8	113	88	6	5	129 0.6

Invalid responses include no response.

**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)

	Trans/Gender						Total
	Cis Men		Cis Women		Non-conforming		
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	
1 No	17	25	147	30	21	38	186 30.2
2 Yes	51	75	336	70	35	63	429 69.8
Valid responses =	68	11	483	79	56	9	615 3.0

Invalid responses include no response.



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FREQUENCY REPORT

Number of Surveys (n) = 20623 Web Surveys

**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	47	28	298	23	36	26	386	23.4
2 Yes	122	72	1028	78	102	74	1266	76.6
Valid responses =	169	10	1326	80	138	8	1652	8.0

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	0	0	135	24	9	17	144	23.1
2 Yes	1	100	431	76	44	83	480	76.9
Valid responses =	1	0	566	91	53	8	624	3.0

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	36	24	47	23	10	30	95	24.0
2 Yes	117	77	156	77	23	70	301	76.0
Valid responses =	153	39	203	51	33	8	396	1.9

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	5	9	84	18	12	25	102	17.5
2 Yes	52	91	388	82	37	76	482	82.5
Valid responses =	57	10	472	81	49	8	584	2.8

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	5	13	17	13	4	24	26	13.7
2 Yes	33	87	114	87	13	77	164	86.3
Valid responses =	38	20	131	69	17	9	190	0.9

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	37	60	139	60	23	68	203	60.4
2 Yes	25	40	94	40	11	32	133	39.6
Valid responses =	62	18	233	69	34	10	336	1.6

Invalid responses include no response.

**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	45	61	102	69	33	81	181	68.6
2 Yes	29	39	46	31	8	20	83	31.4
Valid responses =	74	28	148	56	41	16	264	1.3

Invalid responses include no response.



# AMERICAN COLLEGE HEALTH ASSOCIATION

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January 29, 2026

FREQUENCY REPORT

Number of Surveys (n) = 20623 Web Surveys

**R65X3) 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 Substance Use Disorder

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	12	80	18	64	1	100	31	70.5
2 Yes	3	20	10	36	0	0	13	29.5
Valid responses =	15	34	28	64	1	2	44	0.2

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	37	56	164	57	17	55	220	56.4
2 Yes	29	44	125	43	14	45	170	43.6
Valid responses =	66	17	289	74	31	8	390	1.9

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	36	59	94	51	9	45	140	52.4
2 Yes	25	41	89	49	11	55	127	47.6
Valid responses =	61	23	183	69	20	7	267	1.3

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	63	57	214	55	18	49	298	54.7
2 Yes	48	43	177	45	19	51	247	45.3
Valid responses =	111	20	391	72	37	7	545	2.6

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	57	70	213	67	29	69	301	67.8
2 Yes	24	30	104	33	13	31	143	32.2
Valid responses =	81	18	317	71	42	9	444	2.2

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	24	53	75	61	11	58	111	58.7
2 Yes	21	47	49	40	8	42	78	41.3
Valid responses =	45	24	124	66	19	10	189	0.9

Invalid responses include no response.

**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	21	62	34	55	25	57	85	57.8
2 Yes	13	38	28	45	19	43	62	42.2
Valid responses =	34	23	62	42	44	30	147	0.7

Invalid responses include no response.



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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)

	Trans/Gender						Total	
	Cis Men		Cis Women		Non-conforming		Freq.	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 No	6	75	7	58	5	83	18	66.7
2 Yes	2	25	5	42	1	17	9	33.3
Valid responses =	8	30	12	44	6	22	27	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

	Trans/Gender						Total	
	Cis Men		Cis Women		Non-conforming		Freq.	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 No	7	100	9	82	5	83	21	87.5
2 Yes	0	0	2	18	1	17	3	12.5
Valid responses =	7	29	11	46	6	25	24	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

	Trans/Gender						Total	
	Cis Men		Cis Women		Non-conforming		Freq.	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 No	4	40	9	32	1	33	14	33.3
2 Yes	6	60	19	68	2	67	28	66.7
Valid responses =	10	24	28	67	3	7	42	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

	Trans/Gender						Total	
	Cis Men		Cis Women		Non-conforming		Freq.	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 No	5	83	28	68	3	60	36	69.2
2 Yes	1	17	13	32	2	40	16	30.8
Valid responses =	6	12	41	79	5	10	52	0.3

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)

	Trans/Gender						Total	
	Cis Men		Cis Women		Non-conforming		Freq.	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 No	32	87	152	74	41	79	229	76.3
2 Yes	5	14	53	26	11	21	71	23.7
Valid responses =	37	12	205	68	52	17	300	1.5

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)

	Trans/Gender						Total	
	Cis Men		Cis Women		Non-conforming		Freq.	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 No	34	65	108	75	24	83	169	72.8
2 Yes	18	35	37	26	5	17	63	27.2
Valid responses =	52	22	145	63	29	13	232	1.1

Invalid responses include no response.

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

	Trans/Gender						Total	
	Cis Men		Cis Women		Non-conforming		Freq.	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 No	9	43	61	56	4	50	74	52.9
2 Yes	12	57	48	44	4	50	66	47.1
Valid responses =	21	15	109	78	8	6	140	0.7

Invalid responses include no response.



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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	6	55	76	67	10	50	92	62.6
2 Yes	5	46	38	33	10	50	55	37.4
Valid responses =	11	7	114	78	20	14	147	0.7

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	54	64	3	60	57	63.3
2 Yes	0	0	30	36	2	40	33	36.7
Valid responses =	0	0	84	93	5	6	90	0.4

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	2	67	1	100	0	0	3	75.0
2 Yes	1	33	0	0	0	0	1	25.0
Valid responses =	3	75	1	25	0	0	4	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	2	67	7	54	0	0	9	52.9
2 Yes	1	33	6	46	1	100	8	47.1
Valid responses =	3	18	13	76	1	6	17	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	12	57	45	54	12	67	72	57.1
2 Yes	9	43	38	46	6	33	54	42.9
Valid responses =	21	17	83	66	18	14	126	0.6

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	8	36	27	37	8	50	44	39.3
2 Yes	14	64	46	63	8	50	68	60.7
Valid responses =	22	20	73	65	16	14	112	0.5

Invalid responses include no response.

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	1	50	1	33	0	0	2	40.0
2 Yes	1	50	2	67	0	0	3	60.0
Valid responses =	2	40	3	60	0	0	5	0.0

Invalid responses include no response.



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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	27	49	29	45	8	80	64	48.9
2 Yes	28	51	36	55	2	20	67	51.1
Valid responses =	55	42	65	50	10	8	131	0.6

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	22	38	61	36	13	52	96	37.1
2 Yes	36	62	110	64	12	48	163	62.9
Valid responses =	58	22	171	66	25	10	259	1.3

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	100	1	100	2	66.7
2 Yes	1	100	0	0	0	0	1	33.3
Valid responses =	1	33	1	33	1	33	3	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	1	50	13	28	1	20	15	28.3
2 Yes	1	50	33	72	4	80	38	71.7
Valid responses =	2	4	46	87	5	9	53	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	23	79	99	69	17	77	140	71.1
2 Yes	6	21	45	31	5	23	57	28.9
Valid responses =	29	15	144	73	22	11	197	1.0

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	11	65	99	68	16	76	127	69.0
2 Yes	6	35	46	32	5	24	57	31.0
Valid responses =	17	9	145	79	21	11	184	0.9

Invalid responses include no response.

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	29	62	184	63	26	72	242	63.9
2 Yes	18	38	107	37	10	28	137	36.1
Valid responses =	47	12	291	77	36	9	379	1.8

Invalid responses include no response.



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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 Dysmorphism, Hoarding, Trichotillomania and other body-focused repetitive behavior disorders)

	Trans/Gender						Total
	Cis Men		Cis Women		Non-conforming		
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	
1 No	5	46	56	65	13	87	74 66.1
2 Yes	6	55	30	35	2	13	38 33.9
Valid responses =	11	10	86	77	15	13	112 0.5

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)

	Trans/Gender						Total
	Cis Men		Cis Women		Non-conforming		
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	
1 No	0	0	84	64	6	67	90 63.8
2 Yes	0	0	48	36	3	33	51 36.2
Valid responses =	0	0	132	94	9	6	141 0.7

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

	Trans/Gender						Total
	Cis Men		Cis Women		Non-conforming		
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	
1 No	12	75	57	72	14	93	83 75.5
2 Yes	4	25	22	28	1	7	27 24.5
Valid responses =	16	15	79	72	15	14	110 0.5

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, Schizopreniform Disorder, Delusional Disorder)

	Trans/Gender						Total
	Cis Men		Cis Women		Non-conforming		
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	
1 No	1	100	3	75	0	0	4 80.0
2 Yes	0	0	1	25	0	0	1 20.0
Valid responses =	1	20	4	80	0	0	5 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

	Trans/Gender						Total
	Cis Men		Cis Women		Non-conforming		
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	
1 No	23	66	32	70	7	70	64 68.8
2 Yes	12	34	14	30	3	30	29 31.2
Valid responses =	35	38	46	49	10	11	93 0.5

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

	Trans/Gender						Total
	Cis Men		Cis Women		Non-conforming		
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	
1 No	2	40	38	46	5	42	45 44.6
2 Yes	3	60	45	54	7	58	56 55.4
Valid responses =	5	5	83	82	12	12	101 0.5

Invalid responses include no response.

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

	Trans/Gender						Total
	Cis Men		Cis Women		Non-conforming		
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	
1 No	1	25	4	67	1	25	7 46.7
2 Yes	3	75	2	33	3	75	8 53.3
Valid responses =	4	27	6	40	4	27	15 0.1

Invalid responses include no response.



# AMERICAN COLLEGE HEALTH ASSOCIATION

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

### Reference Group Data Report - Fall 2025

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

January 29, 2026

FREQUENCY REPORT

Number of Surveys (n) = 20623 Web Surveys

#### 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	6	55	10	53	1	100	18	56.3
2 Yes	5	46	9	47	0	0	14	43.8
Valid responses =	11	34	19	59	1	3	32	0.2

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	1	20	7	41	2	50	10	38.5
2 Yes	4	80	10	59	2	50	16	61.5
Valid responses =	5	19	17	65	4	15	26	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	2925	73	6238	61	530	41	9764	62.3
2 Negatively impacted performance in a class	885	22	3335	33	625	48	4918	31.4
3 Delayed progress towards degree	215	5	623	6	148	11	1002	6.4
Valid responses =	4025	26	10196	65	1303	8	15684	76.1

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	5845	98	12339	97	1390	94	19744	97.1
2 Did not affect academic performance	130	2	256	2	57	4	454	2.2
3 Negatively impacted performance in a class	16	0	62	1	18	1	100	0.5
4 Delayed progress towards degree	4	0	25	0	8	1	40	0.2
Valid responses =	5995	29	12682	62	1473	7	20338	98.6

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	5879	98	11887	94	1316	89	19251	94.8
2 Did not affect academic performance	88	2	565	5	96	7	758	3.7
3 Negatively impacted performance in a class	15	0	177	1	48	3	245	1.2
4 Delayed progress towards degree	7	0	37	0	12	1	60	0.3
Valid responses =	5989	29	12666	62	1472	7	20314	98.5

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	4070	68	7678	61	837	57	12693	62.6
2 Did not affect academic performance	1767	30	4531	36	589	40	6950	34.3
3 Negatively impacted performance in a class	137	2	401	3	44	3	587	2.9
4 Delayed progress towards degree	16	0	32	0	1	0	53	0.3
Valid responses =	5990	30	12642	62	1471	7	20283	98.4

Invalid responses include no response.



# AMERICAN COLLEGE HEALTH ASSOCIATION

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

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American College Health Association  
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January 29, 2026

FREQUENCY REPORT

Number of Surveys (n) = 20623 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	2961	49	3475	27	238	16	6728	33.1
2 Did not affect academic performance	1827	31	4936	39	532	36	7348	36.2
3 Negatively impacted performance in a class	1058	18	3807	30	604	41	5533	27.2
4 Delayed progress towards degree	142	2	454	4	97	7	704	3.5
Valid responses =	5988	29	12672	62	1471	7	20313	98.5

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	4778	80	9707	77	803	55	15406	75.9
2 Did not affect academic performance	489	8	1085	9	186	13	1771	8.7
3 Negatively impacted performance in a class	611	10	1559	12	395	27	2609	12.9
4 Delayed progress towards degree	111	2	297	2	87	6	504	2.5
Valid responses =	5989	30	12648	62	1471	7	20290	98.4

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	5783	97	12087	96	1415	96	19452	95.8
2 Did not affect academic performance	129	2	294	2	26	2	458	2.3
3 Negatively impacted performance in a class	65	1	233	2	24	2	328	1.6
4 Delayed progress towards degree	10	0	45	0	9	1	66	0.3
Valid responses =	5987	29	12659	62	1474	7	20304	98.5

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	5510	92	11363	90	1268	86	18304	90.1
2 Did not affect academic performance	365	6	920	7	130	9	1427	7
3 Negatively impacted performance in a class	101	2	338	3	68	5	512	2.5
4 Delayed progress towards degree	16	0	42	0	5	0	66	0.3
Valid responses =	5992	30	12663	62	1474	7	20309	98.5

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	4291	72	7455	59	437	30	12270	60.5
2 Did not affect academic performance	808	14	2421	19	402	27	3660	18.0
3 Negatively impacted performance in a class	735	12	2347	19	510	35	3643	18.0
4 Delayed progress towards degree	149	3	430	3	121	8	713	3.5
Valid responses =	5983	29	12653	62	1470	7	20286	98.4

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	5601	94	10460	83	1069	73	17271	85.2
2 Did not affect academic performance	295	5	1690	13	312	21	2325	11.5
3 Negatively impacted performance in a class	66	1	422	3	83	6	582	2.9
4 Delayed progress towards degree	16	0	65	1	8	1	92	0.5
Valid responses =	5978	29	12637	62	1472	7	20270	98.3

Invalid responses include no response.



# AMERICAN COLLEGE HEALTH ASSOCIATION

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

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8455 Colesville Road, Suite 740  
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[www.acha.org/ncha](http://www.acha.org/ncha)

January 29, 2026

### FREQUENCY REPORT

Number of Surveys (n) = 20623 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	4517	76	7343	58	782	53	12750	62.9
2 Did not affect academic performance	1119	19	3514	28	440	30	5110	25.2
3 Negatively impacted performance in a class	313	5	1661	13	223	15	2227	11.0
4 Delayed progress towards degree	24	0	133	1	25	2	188	0.9
Valid responses =	5973	29	12651	62	1470	7	20275	98.3

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	5261	88	10514	83	1209	82	17137	84.7
2 Did not affect academic performance	511	9	1378	11	168	11	2074	10.2
3 Negatively impacted performance in a class	195	3	670	5	88	6	963	4.8
4 Delayed progress towards degree	9	0	48	0	6	0	65	0.3
Valid responses =	5976	30	12610	62	1471	7	20239	98.1

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	5272	88	11164	88	1276	87	17872	88.2
2 Did not affect academic performance	567	10	1137	9	125	9	1837	9.1
3 Negatively impacted performance in a class	111	2	293	2	57	4	473	2.3
4 Delayed progress towards degree	24	0	55	0	11	1	92	0.5
Valid responses =	5974	29	12649	62	1469	7	20274	98.3

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	5938	100	7341	58	895	61	14304	70.5
2 Did not affect academic performance	21	0	3859	31	373	25	4283	21.1
3 Negatively impacted performance in a class	4	0	1373	11	188	13	1583	7.8
4 Delayed progress towards degree	2	0	87	1	14	1	108	0.5
Valid responses =	5965	29	12660	62	1470	7	20278	98.3

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	5726	96	11287	89	1139	77	18294	90.3
2 Did not affect academic performance	155	3	845	7	176	12	1197	5.9
3 Negatively impacted performance in a class	75	1	402	3	122	8	611	3.0
4 Delayed progress towards degree	25	0	97	1	35	2	164	0.8
Valid responses =	5981	30	12631	62	1472	7	20266	98.3

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	5157	86	10073	80	1112	76	16484	81.3
2 Did not affect academic performance	604	10	1820	14	230	16	2678	13.2
3 Negatively impacted performance in a class	203	3	713	6	121	8	1046	5.2
4 Delayed progress towards degree	12	0	40	0	5	0	61	0.3
Valid responses =	5976	29	12646	62	1468	7	20269	98.3

Invalid responses include no response.



# AMERICAN COLLEGE HEALTH ASSOCIATION

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

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January 29, 2026

### FREQUENCY REPORT

Number of Surveys (n) = 20623 Web Surveys

#### 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	4538	76	7991	63	868	59	13513	66.6
2 Did not affect academic performance	1088	18	3344	26	410	28	4881	24.1
3 Negatively impacted performance in a class	335	6	1256	10	183	12	1797	8.9
4 Delayed progress towards degree	15	0	61	1	9	1	88	0.4
Valid responses =	5976	29	12652	62	1470	7	20279	98.3

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	3315	55	5819	46	433	30	9640	47.5
2 Did not affect academic performance	1468	25	3834	30	491	33	5832	28.7
3 Negatively impacted performance in a class	1101	18	2783	22	503	34	4445	21.9
4 Delayed progress towards degree	103	2	221	2	43	3	378	1.9
Valid responses =	5987	29	12657	62	1470	7	20295	98.4

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	1948	33	2033	16	123	8	4141	20.4
2 Did not affect academic performance	2328	39	5425	43	497	34	8298	40.9
3 Negatively impacted performance in a class	1520	25	4626	37	750	51	6977	34.4
4 Delayed progress towards degree	197	3	572	5	102	7	888	4.4
Valid responses =	5993	30	12656	62	1472	7	20304	98.5

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	4808	99	9502	98	1051	94	15477	97.9
2 Did not affect academic performance	26	1	62	1	14	1	105	0.7
3 Negatively impacted performance in a class	29	1	77	1	44	4	154	1.0
4 Delayed progress towards degree	13	0	45	1	14	1	74	0.5
Valid responses =	4876	31	9686	61	1123	7	15810	76.7

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	12753	100	1170	79	14029	68.7
2 Male	6032	100	0	0	299	20	6381	31.2
3 Intersex	1	0	1	0	9	1	11	0.1
Valid responses =	6033	30	12754	62	1478	7	20421	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	6033	100	12754	100	528	36	19421	95.2
2 Yes	0	0	0	0	950	64	980	4.8
Valid responses =	6033	30	12754	63	1478	7	20401	98.9

Invalid responses include no response.

#### 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	12754	100	155	11	12939	63.4
2 Man or male	6033	100	0	0	116	8	6169	30.2
3 Trans woman	0	0	0	0	80	5	80	0.4
4 Trans man	0	0	0	0	203	14	204	1.0
5 Genderqueer	0	0	0	0	176	12	177	0.9
6 My identity is not listed	0	0	0	0	0	0	79	0.4
7 Agender	0	0	0	0	108	7	109	0.5
8 Genderfluid	0	0	0	0	145	10	145	0.7
9 Non-binary	0	0	0	0	492	33	499	2.4
10 Intersex	0	0	0	0	3	0	3	0.0
Valid responses =	6033	30	12754	63	1478	7	20404	98.9

Invalid responses include no response.



# AMERICAN COLLEGE HEALTH ASSOCIATION

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January 29, 2026

FREQUENCY REPORT

Number of Surveys (n) = 20623 Web Surveys

#### 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	58	1	237	2	178	12	485	2.4
2 Bisexual	342	6	1923	15	320	22	2617	12.9
3 Gay	277	5	15	0	88	6	381	1.9
4 Lesbian	1	0	526	4	167	11	709	3.5
5 Pansexual	64	1	364	3	179	12	615	3.0
6 Queer	15	0	301	2	328	22	662	3.3
7 Questioning	101	2	302	2	38	3	447	2.2
9 Straight/Heterosexual	5129	85	8961	71	147	10	14307	70.3
10 My identity not listed above	18	0	51	0	33	2	115	0.6
Valid responses =	6005	30	12680	62	1478	7	20338	98.6

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	1197	20	2568	20	331	23	4129	20.4
2 19 Years	988	17	2117	17	277	19	3412	16.8
3 20 Years	835	14	1795	14	215	15	2873	14.2
4 21 Years	680	11	1630	13	193	13	2532	12.5
5 22 Years	395	7	775	6	107	7	1287	6.3
6 23 Years	240	4	479	4	67	5	793	3.9
7 24 Years	193	3	341	3	49	3	590	2.9
8 25 Years	189	3	331	3	47	3	571	2.8
9 26 to 30 Years	565	9	1017	8	85	6	1683	8.3
10 31 to 40 Years	437	7	868	7	72	5	1391	6.9
11 41 or More Years	267	5	715	6	21	1	1013	5.0
Valid responses =	5986	30	12636	62	1464	7	20274	98.3

Invalid responses include no response.

	Mean	Median	Std Dev	Min	Max
Cis Men	23.28	20.00	7.79	18	74
Cis Women	23.35	20.00	8.1	18	98
Trans/Gender Non-conforming	21.66	20.00	5.41	18	80
Overall	23.21	20.00	7.88	18	98

#### 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	24	0	374	3	47	3	447	2.2
2 101 to 150 Pounds	1441	24	7255	59	689	49	9471	47.6
3 151 to 200 Pounds	3089	52	3487	28	427	30	7052	35.5
4 201 to 250 Pounds	1020	17	893	7	178	13	2117	10.6
5 251 to 300 Pounds	264	4	275	2	45	3	594	3.0
6 301 or More Pounds	98	2	84	1	20	1	203	1.0
Valid responses =	5936	30	12368	62	1406	7	19884	96.4

Invalid responses include no response.

	Mean	Median	Std Dev	Min	Max
Cis Men	181.27	175.00	42.99	51	500
Cis Women	151.96	140.00	40.51	52	500
Trans/Gender Non-conforming	161.72	150.00	48.11	71	419
Overall	161.53	151.00	43.93	51	500



# AMERICAN COLLEGE HEALTH ASSOCIATION

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

### Reference Group Data Report - Fall 2025

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

January 29, 2026

### FREQUENCY REPORT

Number of Surveys (n) = 20623 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	1684	28	3285	26	454	31	5482	26.8
2 2nd year undergraduate	1086	18	2579	20	297	20	4009	19.6
3 3rd year undergraduate	998	17	2185	17	242	16	3465	17.0
4 4th year undergraduate	762	13	1759	14	189	13	2736	13.4
5 5th year or more undergraduate	222	4	405	3	85	6	718	3.5
6 Master's (MA, MS, etc.)	539	9	1288	10	107	7	1952	9.6
7 Doctorate (PhD, EdD, MD, JD, etc.)	581	10	930	7	67	5	1597	7.8
8 Not seeking a degree	49	1	116	1	10	1	178	0.9
9 Other (please specify):	91	2	175	1	22	2	295	1.4
Valid responses =	6012	29	12722	62	1473	7	20432	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	5374	90	11120	88	1276	87	17952	88.2
2 Part-time	566	9	1472	12	181	12	2235	11.0
3 Other	54	1	99	1	15	1	173	0.8
Valid responses =	5994	29	12691	62	1472	7	20360	98.7

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	3937	66	7200	57	927	63	12186	59.8
2 Entirely online	446	7	1503	12	103	7	2074	10.2
3 A mix of in-person and online classes	1614	27	3999	32	443	30	6117	30.0
Valid responses =	5997	29	12702	62	1473	7	20377	98.8

Invalid responses include no response.

#### 73B1) How likely is it that you will:

Leave your school before graduating and transfer to another school?

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Very likely	204	3	465	4	51	4	735	3.6
2 Moderately likely	160	3	335	3	51	4	558	2.7
3 Slightly likely	321	5	731	6	93	6	1154	5.7
4 Slightly unlikely	278	5	503	4	79	5	871	4.3
5 Moderately unlikely	684	11	1306	10	198	13	2209	10.8
6 Very unlikely	4354	73	9373	74	1002	68	14858	72.9
Valid responses =	6001	29	12713	62	1474	7	20385	98.8

Invalid responses include no response.

#### 73B2) How likely is it that you will:

Leave your school before graduating without transferring to another school?

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Very likely	126	2.1	203	1.6	28	1.9	367	1.8
2 Moderately likely	84	1.4	156	1.2	33	2.2	275	1.4
3 Slightly likely	183	3	308	2	61	4	561	2.8
4 Slightly unlikely	177	3	341	2.7	45	3.1	574	2.8
5 Moderately unlikely	465	7.8	819	6.4	186	12.6	1496	7.3
6 Very unlikely	4956	83	10871	86	1120	76	17081	83.9
Valid responses =	5991	29	12698	62	1473	7	20354	98.7

Invalid responses include no response.

#### 73C1) What would be your reason(s) for leaving your current college/university?

(only students that are very, moderately, or slightly likely to leave their school)

Lack of safe and/or affordable housing

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	738	84.2	1488	80.9	190	71.7	2444	80.9
2 Yes	139	15.8	352	19.1	75	28.3	578	19.1
Valid responses =	877	29	1840	61	265	9	3022	14.7

Invalid responses include no response.



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January 29, 2026

FREQUENCY REPORT

Number of Surveys (n) = 20623 Web Surveys

## 73C2) What would be your reason(s) for leaving your current college/university?

(only students that are very, moderately, or slightly likely to leave their school)

Financial concerns other than housing

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	563	64.3	1100	59.8	144	54.3	1829	60.5
2 Yes	312	35.7	741	40.2	121	45.7	1194	39.5
Valid responses =	875	29	1841	61	265	9	3023	14.7

Invalid responses include no response.

## 73C3) What would be your reason(s) for leaving your current college/university?

(only students that are very, moderately, or slightly likely to leave their school)

Need to take care of family members/children

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	771	87.8	1542	84	239	90.2	2585	85.7
2 Yes	107	12.2	293	16	26	9.8	433	14.3
Valid responses =	878	29	1835	61	265	9	3018	14.6

Invalid responses include no response.

## 73C4) What would be your reason(s) for leaving your current college/university?

(only students that are very, moderately, or slightly likely to leave their school)

Conflicts with work responsibilities/schedule

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	733	83.9	1428	77.8	208	78.8	2398	79.6
2 Yes	141	16.1	407	22.2	56	21.2	615	20.4
Valid responses =	874	29	1835	61	264	9	3013	14.6

Invalid responses include no response.

## 73C5) What would be your reason(s) for leaving your current college/university?

(only students that are very, moderately, or slightly likely to leave their school)

Ongoing physical and/or mental health issues

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	689	78.7	1319	71.9	137	51.9	2165	71.9
2 Yes	186	21.3	515	28.1	127	48.1	847	28.1
Valid responses =	875	29	1834	61	264	9	3012	14.6

Invalid responses include no response.

## 73C6) What would be your reason(s) for leaving your current college/university?

(only students that are very, moderately, or slightly likely to leave their school)

Change in my academic plans and/or professional goals (e.g., institution doesn't have the academic program I want; I may not want my chosen degree anymore)

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	477	54.5	982	53.5	134	50.6	1609	53.4
2 Yes	398	45.5	853	46.5	131	49.4	1406	46.6
Valid responses =	875	29	1835	61	265	9	3015	14.6

Invalid responses include no response.

## 73C7) What would be your reason(s) for leaving your current college/university?

(only students that are very, moderately, or slightly likely to leave their school)

Poor academic performance

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	705	80.8	1510	82.3	195	73.6	2440	81.1
2 Yes	168	19.2	324	17.7	70	26.4	570	18.9
Valid responses =	873	29	1834	61	265	9	3010	14.6

Invalid responses include no response.

## 73C8) What would be your reason(s) for leaving your current college/university?

(only students that are very, moderately, or slightly likely to leave their school)

Negative experience at my college/university

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	683	78.1	1396	76.2	196	74	2301	76.4
2 Yes	191	21.9	437	23.8	69	26	711	23.6
Valid responses =	874	29	1833	61	265	9	3012	14.6

Invalid responses include no response.



## 73C9) What would be your reason(s) for leaving your current college/university?

(only students that are very, moderately, or slightly likely to leave their school)

I don't feel like I fit in at my college/university

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	663	76.1	1277	69.7	169	63.8	2134	71.0
2 Yes	208	23.9	556	30.3	96	36.2	873	29.0
Valid responses =	871	29	1833	61	265	9	3007	14.6

Invalid responses include no response.

## 73C10) What would be your reason(s) for leaving your current college/university?

(only students that are very, moderately, or slightly likely to leave their school)

Other (please specify)

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	603	87.1	1194	88	152	83.5	1964	87.5
2 Yes	89	12.9	158	12	30	16.5	281	12.5
Valid responses =	692	31	1352	60	182	8	2245	10.9

Invalid responses include no response.

## 74A) Are you studying in the United States this semester/term?

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	512	8.6	1028	8	106	7.2	1669	8.2
2 Yes	5476	91.4	11646	92	1366	92.8	18678	91.8
Valid responses =	5988	29	12674	62	1472	7	20347	98.7

Invalid responses include no response.

## 74B) Do you have a visa (for example: F-1, J-1, or M-1) to study or work in the United States? (only students that are studying in the U.S. this semester/term)

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	4294	79	9523	83	1211	91	15172	82.7
2 Yes	1119	21	1904	17	126	9	3174	17.3
Valid responses =	5413	30	11427	62	1337	7	18346	89.0

Invalid responses include no response.

## 74C) Would you need a visa (for example: F-1, J-1, or M-1) to study or work in the United States? (only students that are NOT studying in the U.S. this semester/term)

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	402	80.1	874	86.4	81	78.6	1377	84.0
2 Yes	100	19.9	137	13.6	22	21.4	262	16.0
Valid responses =	502	31	1011	62	103	6	1639	7.9

Invalid responses include no response.

## 75A1) How do you usually describe yourself? (Please select ALL that apply)

American Indian or Alaska Native

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
0 Not selected	5870	97	12353	97	1427	97	19998	97.0
1 Selected	163	3	401	3	51	4	625	3.0
Valid responses =	6033	29	12754	62	1478	7	20623	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	5233	87	11279	88	1328	90	18171	88.1
1 Selected	800	13	1475	12	150	10	2452	11.9
Valid responses =	6033	29	12754	62	1478	7	20623	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	5609	93	11888	93	1412	96	19256	93.4
1 Selected	424	7	866	7	66	5	1367	6.6
Valid responses =	6033	29	12754	62	1478	7	20623	100.0

Invalid responses include no response.



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January 29, 2026

FREQUENCY REPORT

Number of Surveys (n) = 20623 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	5255	87	10792	85	1285	87	17657	85.6
1 Selected	778	13	1962	15	193	13	2966	14.4
Valid responses =	6033	29	12754	62	1478	7	20623	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	5938	98	12589	99	1455	98	20338	98.6
1 Selected	95	2	165	1	23	2	285	1.4
Valid responses =	6033	29	12754	62	1478	7	20623	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	6004	100	12685	100	1473	100	20518	99.5
1 Selected	29	1	69	1	5	0	105	0.5
Valid responses =	6033	29	12754	62	1478	7	20623	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	1779	30	3642	29	269	18	5919	28.7
1 Selected	4254	71	9112	71	1209	82	14704	71.3
Valid responses =	6033	29	12754	62	1478	7	20623	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	5828	97	12173	95	1355	92	19701	95.5
1 Selected	205	3	581	5	123	8	922	4.5
Valid responses =	6033	29	12754	62	1478	7	20623	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	5923	98	12580	99	1459	99	20311	98.5
1 Selected	110	2	174	1	19	1	312	1.5
Valid responses =	6033	29	12754	62	1478	7	20623	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	298	38	734	37	79	41	1125	37.9
1 Selected	480	62	1228	63	114	59	1841	62.1
Valid responses =	778	26	1962	66	193	7	2966	14.4

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	714	92	1774	90	163	85	2678	90.3
1 Selected	64	8	188	10	30	16	288	9.7
Valid responses =	778	26	1962	66	193	7	2966	14.4

Invalid responses include no response.



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FREQUENCY REPORT

Number of Surveys (n) = 20623 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	752	97	1906	97	186	96	2874	96.9
1 Selected	26	3	56	3	7	4	92	3.1
Valid responses =	778	26	1962	66	193	7	2966	14.4

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	531	68	1351	69	139	72	2046	69.0
1 Selected	247	32	611	31	54	28	920	31.0
Valid responses =	778	26	1962	66	193	7	2966	14.4

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	481	60	766	52	62	41	1323	54.0
1 Selected	319	40	709	48	88	59	1129	46.0
Valid responses =	800	33	1475	60	150	6	2452	11.9

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	608	76	1092	74	108	72	1827	74.5
1 Selected	192	24	383	26	42	28	625	25.5
Valid responses =	800	33	1475	60	150	6	2452	11.9

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	511	64	1088	74	125	83	1746	71.2
1 Selected	289	36	387	26	25	17	706	28.8
Valid responses =	800	33	1475	60	150	6	2452	11.9

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	777	97	1443	98	146	97	2390	97.5
1 Selected	23	3	32	2	4	3	62	2.5
Valid responses =	800	33	1475	60	150	6	2452	11.9

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	3476	58	6235	49	809	55	10626	52.0
2 In relationship not married/partnered	1858	31	4928	39	565	38	7420	36.3
3 Married/partnered	683	11	1564	12	102	7	2377	11.6
Valid responses =	6017	29	12727	62	1476	7	20423	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	5719	95	11862	93	1437	97	19214	94.1
2 Yes	294	5	864	7	39	3	1205	5.9
Valid responses =	6013	29	12726	62	1476	7	20419	99.0

Invalid responses include no response.



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January 29, 2026

### FREQUENCY REPORT

Number of Surveys (n) = 20623 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	5933	99	12564	99	1465	99	20161	98.8
2 Yes	78	1	152	1	10	1	245	1.2
Valid responses =	6011	29	12716	62	1475	7	20406	98.9

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	2578	43	5058	40	680	46	8407	41.6
2 Parent/guardian/other family member's home	1095	18	2518	20	350	24	4011	19.9
3 Off-campus/non-university housing	2133	36	4652	37	407	28	7257	35.9
4 Temporarily with relative, friend, couch surfing	40	1	64	1	11	1	119	0.6
5 Don't have a place to live	10	0	8	0	2	0	21	0.1
6 Other (please specify)	91	2	269	2	15	1	378	1.9
Valid responses =	5947	29	12569	62	1465	7	20193	97.9

Invalid responses include no response.

#### 79\_1) What is your primary source of health insurance? (select all that apply)

I have a college/university Student Health Insurance Plan

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
0 Not Selected	5070	84	11257	88.3	1332	90.1	17988	87.2
1 Selected	963	16	1497	11.7	146	9.9	2635	12.8
Valid responses =	6033	29	12754	62	1478	7	20623	100.0

Invalid responses include no response.

#### 79\_2) What is your primary source of health insurance? (select all that apply)

I have health insurance through my parent/guardian (or their employer)

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
0 Not Selected	2487	41.2	5070	39.8	488	33	8294	40.2
1 Selected	3546	58.8	7684	60.2	990	67	12329	59.8
Valid responses =	6033	29	12754	62	1478	7	20623	100.0

Invalid responses include no response.

#### 79\_3) What is your primary source of health insurance? (select all that apply)

I have health insurance through my employer (or my spouse/partner's employer)

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
0 Not Selected	5553	92	11395	89.3	1384	93.6	18680	90.6
1 Selected	480	8	1359	10.7	94	6.4	1943	9.4
Valid responses =	6033	29	12754	62	1478	7	20623	100.0

Invalid responses include no response.

#### 79\_4) What is your primary source of health insurance? (select all that apply)

I have health insurance through Medicaid, Medicare, or VA/Tricare

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
0 Not Selected	5315	88.1	11064	86.7	1245	84.2	17955	87.1
1 Selected	718	11.9	1690	13.3	233	15.8	2668	12.9
Valid responses =	6033	29	12754	62	1478	7	20623	100.0

Invalid responses include no response.

#### 79\_5) What is your primary source of health insurance? (select all that apply)

I have health insurance that was purchased from the exchange or an insurance carrier directly

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
0 Not Selected	5937	98.4	12548	98.4	1461	98.8	20299	98.4
1 Selected	96	1.6	206	1.6	17	1.2	324	1.6
Valid responses =	6033	29	12754	62	1478	7	20623	100.0

Invalid responses include no response.

#### 79\_9) What is your primary source of health insurance? (select all that apply)

I have health insurance through an embassy or sponsoring agency for international students

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
0 Not Selected	6024	99.9	12734	99.8	1474	99.7	20590	99.8
1 Selected	9	0.1	20	0.2	4	0.3	33	0.2
Valid responses =	6033	29	12754	62	1478	7	20623	100.0

Invalid responses include no response.



# AMERICAN COLLEGE HEALTH ASSOCIATION

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

### Reference Group Data Report - Fall 2025

American College Health Association

8455 Colesville Road, Suite 740

Silver Spring, MD 20910

(410) 859-1500

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

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### FREQUENCY REPORT

Number of Surveys (n) = 20623 Web Surveys

#### 79\_10) What is your primary source of health insurance? (select all that apply)

I have health insurance through another source (please specify)

	Trans/Gender						Total	
	Cis Men		Cis Women		Non-conforming			
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
0 Not Selected	5947	98.6	12508	98.1	1459	98.7	20267	98.3
1 Selected	86	1.4	246	1.9	19	1.3	356	1.7
Valid responses =	6033	29	12754	62	1478	7	20623	100.0

Invalid responses include no response.

#### 79\_8) What is your primary source of health insurance? (select all that apply)

I have health insurance, but I don't know the primary source

	Trans/Gender						Total	
	Cis Men		Cis Women		Non-conforming			
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
0 Not Selected	5862	97.2	12471	97.8	1448	98	20134	97.6
1 Selected	171	2.8	283	2.2	30	2	489	2.4
Valid responses =	6033	29	12754	62	1478	7	20623	100.0

Invalid responses include no response.

#### 79\_6) What is your primary source of health insurance? (select all that apply)

I don't have health insurance

	Trans/Gender						Total	
	Cis Men		Cis Women		Non-conforming			
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
0 Not Selected	5857	97.1	12330	96.7	1430	96.8	19962	96.8
1 Selected	176	2.9	424	3.3	48	3.2	661	3.2
Valid responses =	6033	29	12754	62	1478	7	20623	100.0

Invalid responses include no response.

#### 79\_7) What is your primary source of health insurance? (select all that apply)

I don't know if I have health insurance

	Trans/Gender						Total	
	Cis Men		Cis Women		Non-conforming			
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
0 Not Selected	5896	97.7	12582	98.7	1459	98.7	20291	98.4
1 Selected	137	2.3	172	1.3	19	1.3	332	1.6
Valid responses =	6033	29	12754	62	1478	7	20623	100.0

Invalid responses include no response.

#### 80) What is your approximate cumulative grade average?

	Trans/Gender						Total	
	Cis Men		Cis Women		Non-conforming			
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 A+	747	13	1457	12	131	9	2355	11.6
2 A	1688	28	4202	33	390	27	6327	31.2
3 A-	1154	19	2349	19	260	18	3810	18.8
4 B+	777	13	1600	13	192	13	2595	12.8
5 B	671	11	1348	11	183	12	2221	10.9
6 B-	290	5	501	4	73	5	871	4.3
7 C+	165	3	288	2	57	4	520	2.6
8 C	152	3	233	2	48	3	439	2.2
9 C-	51	1	69	1	15	1	136	0.7
10 D+	14	0	33	0	6	0	54	0.3
11 D	10	0	25	0	7	1	42	0.2
12 D-	4	0	7	0	4	0	15	0.1
13 F	13	0	7	0	7	1	29	0.1
14 N/A	255	4	531	4	97	7	895	4.4
Valid responses =	5991	29	12650	62	1470	7	20309	98.5

Invalid responses include no response.

#### 81A) Do you participate in organized college athletics at any of the following levels?

Varsity

	Trans/Gender						Total	
	Cis Men		Cis Women		Non-conforming			
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	5399	91	11816	94	1434	98	18821	93.4
2 Yes	506	9	779	6	32	2	1329	6.6
Valid responses =	5905	29	12595	63	1466	7	20150	97.7

Invalid responses include no response.

#### 81B) Do you participate in organized college athletics at any of the following levels?

Club Sports

	Trans/Gender						Total	
	Cis Men		Cis Women		Non-conforming			
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	5067	86	11453	91	1355	92	18040	89.6
2 Yes	850	14	1107	9	111	8	2086	10.4
Valid responses =	5917	29	12560	62	1466	7	20126	97.6

Invalid responses include no response.



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### FREQUENCY REPORT

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#### 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	4782	81	11428	91	1399	96	17781	88.5
2 Yes	1120	19	1107	9	65	4	2303	11.5
Valid responses =	5902	29	12535	62	1464	7	20084	97.4

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	4912	82	10229	81	857	58	16118	79.5
2 Yes	1065	18	2414	19	615	42	4151	20.5
Valid responses =	5977	29	12643	62	1472	7	20269	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	5628	94	12173	96	1085	74	19026	94.0
2 Yes	335	6	453	4	382	26	1206	6.0
Valid responses =	5963	29	12626	62	1467	7	20232	98.1

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	5769	97	12310	98	1406	96	19652	97.1
2 Yes	191	3	312	3	64	4	579	2.9
Valid responses =	5960	29	12622	62	1470	7	20231	98.1

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	5642	95	11775	93	1242	85	18804	92.9
2 Yes	315	5	856	7	225	15	1428	7.1
Valid responses =	5957	29	12631	62	1467	7	20232	98.1

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	5841	98	12293	98	1318	90	19611	97.0
2 Yes	115	2	318	3	149	10	604	3.0
Valid responses =	5956	29	12611	62	1467	7	20215	98.0

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	5753	97	12037	95	1387	94	19339	95.7
2 Yes	196	3	580	5	82	6	874	4.3
Valid responses =	5949	29	12617	62	1469	7	20213	98.0

Invalid responses include no response.



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FREQUENCY REPORT

Number of Surveys (n) = 20623 Web Surveys

#### 82G) Do you have any of the following?

Speech or language disorder

	Trans/Gender						Total	
	Cis Men		Cis Women		Non-conforming			
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	5850	98	12482	99	1412	96	19912	98.5
2 Yes	107	2	133	1	55	4	305	1.5
Valid responses =	5957	29	12615	62	1467	7	20217	98.0

Invalid responses include no response.

#### 83) Are you currently or have you been a member of the Armed Services?

	Trans/Gender						Total	
	Cis Men		Cis Women		Non-conforming			
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	5704	95	12487	98	1455	99	19830	97.5
2 Yes, have served in area of hazardous duty	136	2	79	1	14	1	233	1.1
3 Yes, have not served in area hazardous duty	146	2	121	1	7	1	276	1.4
Valid responses =	5986	29	12687	62	1476	7	20339	98.6

Invalid responses include no response.

#### 84) What is the highest level of education completed by either of your parents (or guardians)?

	Trans/Gender						Total	
	Cis Men		Cis Women		Non-conforming			
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Did not finish high school	244	4	598	5	44	3	889	4.4
2 High school diploma or GED	1133	19	2409	19	218	15	3797	18.7
3 Attended college but no degree	459	8	1180	9	161	11	1823	9.0
4 Associate's degree	384	6	1144	9	114	8	1653	8.1
5 Bachelor's degree	1701	28	3329	26	398	27	5471	26.9
6 Master's degree	1365	23	2661	21	341	23	4416	21.7
7 Doctoral or professional degree (PhD, EdD, MD, JD, etc.)	576	10	1179	9	158	11	1932	9.5
8 Don't know	127	2	186	2	42	3	360	1.8
Valid responses =	5989	29	12686	62	1476	7	20341	98.6

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?

	Trans/Gender						Total	
	Cis Men		Cis Women		Non-conforming			
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	5635	94	11589	92	1419	97	18817	92.7
2 Yes	339	6	1077	9	51	4	1477	7.3
Valid responses =	5974	29	12666	62	1470	7	20294	98.4

Invalid responses include no response.

#### HT\_INCH Height in Inches

	Trans/Gender						Total	
	Cis Men		Cis Women		Non-conforming			
	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	7	0	809	7	75	5	900	4.5
4 61 to 72 Inches	4452	75	11650	93	1302	90	17556	87.6
5 73 to 84 Inches	1445	25	53	0	62	4	1579	7.9
6 85 or More Inches	3	0	7	0	2	0	12	0.1
Valid responses =	5907	29	12520	62	1441	7	20048	97.2

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	0.06	0	0.49
Cis Women	0.04	0.02	0.06	0	0.46
Trans/Gender Non-conforming	0.03	0.01	0.05	0	0.48
Overall	0.04	0.02	0.06	0	0.49



# AMERICAN COLLEGE HEALTH ASSOCIATION

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January 29, 2026

### FREQUENCY REPORT

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#### 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	1297	42	2495	35	332	44	4153	37.6
1.01 to .05% Alcohol	1061	35	2766	39	266	36	4111	37.2
2.06 to .07% Alcohol	179	6	547	8	44	6	772	7.0
3.08 to .09% Alcohol	143	5	396	6	32	4	575	5.2
4.10 to .15% Alcohol	233	8	663	9	56	8	955	8.6
5.16 to .20% Alcohol	78	3	192	3	9	1	281	2.5
6.21 to .25% Alcohol	36	1	67	1	4	1	108	1.0
7.26 to .30% Alcohol	12	0	34	1	3	0	49	0.4
8.31 to .49% Alcohol	22	1	27	0	1	0	50	0.5
Valid responses =	3061	28	7187	65	747	7	11054	53.6

Invalid responses include no response.

#### 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%	2537	83	5808	81	642	86	9036	81.7
1.08% or higher	524	17	1379	19	105	14	2018	18.3
Valid responses =	3061	28	7187	65	747	7	11054	53.6

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%	2680	88	6204	86	674	90	9611	86.9
1.1% or higher	381	12	983	14	73	10	1443	13.1
Valid responses =	3061	28	7187	65	747	7	11054	53.6

Invalid responses include no response.

#### BMI Body Mass Index

	Mean	Median	Std Dev	Min	Max
Cis Men	25.61	24.00	5.58	7	65
Cis Women	25.52	24.00	6.44	7	72
Trans/Gender Non-conforming	26.20	24.00	7.2	12	65
Overall	25.60	24.00	6.26	7	72

#### 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)	225	4	653	5	106	8	990	5.0
2 Desired weight (18.5- 24.9)	2905	50	6615	54	645	46	10251	52.0
3 Overweight (25- 29.9)	1732	30	2672	22	310	22	4755	24.1
4 Class I obesity (30- 34.9)	645	11	1299	11	161	12	2124	10.8
5 Class II obesity (35- 39.9)	236	4	565	5	107	8	918	4.7
6 Class III obesity (>=40)	127	2	474	4	67	5	677	3.4
Valid responses =	5870	30	12278	62	1396	7	19715	95.6

Invalid responses include no response.

#### USDAFI USDA Food Security Score

	Mean	Median	Std Dev	Min	Max
Cis Men	1.57	0.00	2.07	0	6
Cis Women	1.82	1.00	2.16	0	6
Trans/Gender Non-conforming	2.19	1.00	2.32	0	6
Overall	1.79	1.00	2.15	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)	899	15	2299	18	359	25	3629	17.9
2 Low food security (2-4)	1240	21	2987	24	336	23	4634	22.8
3 High or marginal food security (0-1)	3809	64	7325	58	766	52	12032	59.3
Valid responses =	5948	29	12611	62	1461	7	20295	98.4

Invalid responses include no response.



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### FREQUENCY REPORT

Number of Surveys (n) = 20623 Web Surveys

#### KESSLER6 Kessler 6 (K6) Non-Specific Psychological Distress Score

	Mean	Median	Std Dev	Min	Max
Cis Men	7.24	6.00	5.11	0	24
Cis Women	8.41	8.00	5.06	0	24
Trans/Gender Non-conforming	11.39	11.00	5.15	0	24
Overall	8.30	8.00	5.19	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)	5069	85	9994	79	880	60	16109	79.4
3 Serious psychological distress (13-24)	889	15	2628	21	585	40	4168	20.6
Valid responses =	5958	29	12622	62	1465	7	20277	98.3

Invalid responses include no response.

#### ULS3 UCLA Loneliness Scale Score

	Mean	Median	Std Dev	Min	Max
Cis Men	5.26	5.00	1.91	3	9
Cis Women	5.32	5.00	1.85	3	9
Trans/Gender Non-conforming	6.06	6.00	1.84	3	9
Overall	5.36	5.00	1.88	3	9

#### 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)	3311	55	6744	53	540	37	10685	52.4
2 Positive for loneliness (6-9)	2701	45	5940	47	931	63	9717	47.6
Valid responses =	6012	29	12684	62	1471	7	20402	98.9

Invalid responses include no response.

#### SBQR Suicide Behavior Questionnaire-Revised (SBQR) Screening Score

	Mean	Median	Std Dev	Min	Max
Cis Men	4.96	3.00	2.89	3	18
Cis Women	5.20	4.00	3.01	3	18
Trans/Gender Non-conforming	8.33	8.00	3.79	3	18
Overall	5.37	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)	4653	78	9399	74	521	36	14690	72.4
2 Positive for suicidal screening (7-18)	1334	22	3249	26	941	64	5613	27.6
Valid responses =	5987	29	12648	62	1462	7	20303	98.4

Invalid responses include no response.

#### DIENER Diener Flourishing Score

	Mean	Median	Std Dev	Min	Max
Cis Men	44.66	47.00	8.73	8	56
Cis Women	45.72	47.00	7.89	8	56
Trans/Gender Non-conforming	40.64	42.00	9.16	8	56
Overall	44.98	47.00	8.4	8	56

#### CDRISC2 Connor-Davidson Resilience Scale 2 (CD-RISC2) Score

	Mean	Median	Std Dev	Min	Max
Cis Men	6.17	6.00	1.53	0	8
Cis Women	5.92	6.00	1.49	0	8
Trans/Gender Non-conforming	5.39	5.00	1.64	0	8
Overall	5.95	6.00	1.53	0	8

#### SSISTOBACCO ASSIST SSIS TOBACCO SCORE

	Mean	Median	Std Dev	Min	Max
Cis Men	7.98	5.00	8.09	0	31
Cis Women	7.97	5.00	8.49	0	31
Trans/Gender Non-conforming	8.20	5.00	8.69	0	31
Overall	8.00	5.00	8.39	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)	782	45	1750	47	176	45	2735	46.3
2 Moderate Risk (4-26)	901	52	1855	50	204	52	2995	50.7
3 High Risk (27-39)	45	3	124	3	13	3	183	3.1
Valid responses =	1728	29	3729	63	393	7	5913	28.7

Invalid responses include no response.



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January 29, 2026

FREQUENCY REPORT

Number of Surveys (n) = 20623 Web Surveys

## SSISALCOHOL ASSIST SSIS ALCOHOL SCORE

	Mean	Median	Std Dev	Min	Max
Cis Men	6.39	4.00	6.01	0	39
Cis Women	6.31	5.00	5.67	0	39
Trans/Gender Non-conforming	6.07	5.00	5.91	0	36
Overall	6.33	5.00	5.81	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)	2792	83	6632	84	754	85	10275	84.0
2 Moderate Risk (11-26)	501	15	1137	14	112	13	1771	14.5
3 High Risk (27-39)	62	2	103	1	17	2	190	1.6
Valid responses =	3355	27	7872	64	883	7	12236	59.3

Invalid responses include no response.

## SSISCANNABIS ASSIST SSIS CANNABIS SCORE

	Mean	Median	Std Dev	Min	Max
Cis Men	6.23	3.00	7.96	0	39
Cis Women	5.57	3.00	7.12	0	39
Trans/Gender Non-conforming	7.62	5.00	8.31	0	38
Overall	5.97	3.00	7.52	0	39

## 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)	979	55	2458	55	271	42	3737	53.4
2 Moderate Risk (4-26)	741	41	1912	43	348	54	3035	43.4
3 High Risk (27-39)	70	4	122	3	30	5	228	3.3
Valid responses =	1790	26	4492	64	649	9	7000	33.9

Invalid responses include no response.

## SSISCOCAINE ASSIST SSIS COCAINE SCORE

	Mean	Median	Std Dev	Min	Max
Cis Men	2.30	0.00	4.37	0	33
Cis Women	2.39	0.00	4.68	0	36
Trans/Gender Non-conforming	4.18	2.00	7.15	0	28
Overall	2.55	0.00	4.94	0	36

## 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)	210	79	425	80	40	73	682	78.8
2 Moderate Risk (4-26)	54	20	103	19	13	24	174	20.1
3 High Risk (27-39)	2	1	3	1	2	4	9	1.0
Valid responses =	266	31	531	61	55	6	865	4.2

Invalid responses include no response.

## SSISMETH ASSIST SSIS METHAMPHETAMINE SCORE

	Mean	Median	Std Dev	Min	Max
Cis Men	3.62	0.00	6.51	0	30
Cis Women	3.04	0.00	5.06	0	35
Trans/Gender Non-conforming	8.29	3.00	11.94	0	31
Overall	3.86	0.00	6.84	0	35

## 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)	57	70	106	69	10	59	175	67.8
2 Moderate Risk (4-26)	22	27	45	29	3	18	71	27.5
3 High Risk (27-39)	3	4	2	1	4	24	12	4.7
Valid responses =	82	32	153	59	17	7	258	1.3

Invalid responses include no response.

## SSISINHALANT ASSIST SSIS INHALANTS SCORE

	Mean	Median	Std Dev	Min	Max
Cis Men	1.96	0.00	3.82	0	29
Cis Women	2.12	0.00	4.19	0	39
Trans/Gender Non-conforming	2.31	0.00	5.37	0	29
Overall	2.20	0.00	4.52	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)	197	84	328	82	73	85	606	82.7
2 Moderate Risk (4-26)	36	15	68	17	10	12	117	16.0
3 High Risk (27-39)	1	0	3	1	3	4	10	1.4
Valid responses =	234	32	399	54	86	12	733	3.6

Invalid responses include no response.



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January 29, 2026

FREQUENCY REPORT

Number of Surveys (n) = 20623 Web Surveys

## SSISRXSTIMULANT ASSIST SSIS ADJUSTED PRESCRIPTION STIMULANT SCORE

	Mean	Median	Std Dev	Min	Max
Cis Men	1.94	0.00	4.25	0	30
Cis Women	2.02	0.00	4.79	0	35
Trans/Gender Non-conforming	3.67	0.00	7.12	0	34
Overall	2.15	0.00	4.9	0	35

## RXSTIMULANRISK 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)	319	83	587	84	66	75	981	82.5
2 Moderate Risk (4-26)	64	17	104	15	18	21	191	16.1
3 High Risk (27-39)	3	1	9	1	4	5	17	1.4
Valid responses =	386	32	700	59	88	7	1189	5.8

Invalid responses include no response.

## SSISSEDATIVE ASSIST SSIS ADJUSTED SEDATIVE SCORE

	Mean	Median	Std Dev	Min	Max
Cis Men	2.72	0.00	5.42	0	34
Cis Women	2.78	0.00	5.26	0	34
Trans/Gender Non-conforming	4.42	0.00	8.23	0	32
Overall	2.98	0.00	5.78	0	34

## 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)	183	76	355	76	56	73	603	75.3
2 Moderate Risk (4-26)	54	23	109	23	16	21	182	22.7
3 High Risk (27-39)	3	1	6	1	5	7	16	2.0
Valid responses =	240	30	470	59	77	10	801	3.9

Invalid responses include no response.

## SSISHALLUCINOGEN ASSIST SSIS HALLUCINOGENS SCORE

	Mean	Median	Std Dev	Min	Max
Cis Men	1.79	0.00	3.14	0	26
Cis Women	1.40	0.00	3.03	0	30
Trans/Gender Non-conforming	2.65	0.00	5.47	0	30
Overall	1.68	0.00	3.5	0	30

## 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)	458	84	832	88	137	81	1448	85.9
2 Moderate Risk (4-26)	88	16	108	12	28	17	228	13.5
3 High Risk (27-39)	0	0	3	0	4	2	9	0.5
Valid responses =	546	32	943	56	169	10	1685	8.2

Invalid responses include no response.

## SSISHEROIN ASSIST SSIS HEROIN SCORE

	Mean	Median	Std Dev	Min	Max
Cis Men	5.22	2.00	8.02	0	31
Cis Women	4.83	6.00	6.58	0	32
Trans/Gender Non-conforming	14.75	15.00	13.65	0	30
Overall	5.92	3.00	8.4	0	32

## 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)	24	59	32	49	3	38	61	51.7
2 Moderate Risk (4-26)	14	34	31	48	2	25	48	40.7
3 High Risk (27-39)	3	7	2	3	3	38	9	7.6
Valid responses =	41	35	65	55	8	7	118	0.6

Invalid responses include no response.

## SSISRXOPIOID ASSIST SSIS ADJUSTED PRESCRIPTION OPIOID SCORE

	Mean	Median	Std Dev	Min	Max
Cis Men	2.43	0.00	5.41	0	34
Cis Women	2.16	0.00	4.67	0	34
Trans/Gender Non-conforming	3.32	0.00	5.77	0	27
Overall	2.39	0.00	5.12	0	34

## 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)	152	79	267	81	46	78	472	80.4
2 Moderate Risk (4-26)	36	19	57	17	12	20	105	17.9
3 High Risk (27-39)	4	2	4	1	1	2	10	1.7
Valid responses =	192	33	328	56	59	10	587	2.8

Invalid responses include no response.



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January 29, 2026

### FREQUENCY REPORT

Number of Surveys (n) = 20623 Web Surveys

#### SSISOTHER ASSIST SSIS OTHER DRUG SCORE

	Mean	Median	Std Dev	Min	Max
Cis Men	7.89	3.00	9.64	0	39
Cis Women	7.17	6.00	8.46	0	30
Trans/Gender Non-conforming	6.37	5.00	6.68	0	28
Overall	7.61	5.00	8.93	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)	37	52	37	47	9	47	83	48.3
2 Moderate Risk (4-26)	28	39	36	46	9	47	75	43.6
3 High Risk (27-39)	6	9	5	6	1	5	14	8.1
Valid responses =	71	41	78	45	19	11	172	0.8

Invalid responses include no response.

#### PATOTALMOD Total moderate activity minutes/week conversion

	Mean	Median	Std Dev	Min	Max
Cis Men	571.79	360.00	721.74	0	11040
Cis Women	458.48	240.00	672.43	0	11000
Trans/Gender Non-conforming	393.75	200.00	626.43	0	10800
Overall	486.99	280.00	685.96	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	1351	23	4106	33	564	39	6114	30.5
2 Yes	4574	77	8322	67	880	61	13944	69.5
Valid responses =	5925	30	12428	62	1444	7	20058	97.3

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	2832	48	7869	63	1100	76	11958	59.6
2 Yes	3093	52	4554	37	344	24	8094	40.4
Valid responses =	5925	30	12423	62	1444	7	20052	97.2

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	3338	56	8823	71	1190	82	13534	67.5
2 Yes	2587	44	3600	29	254	18	6518	32.5
Valid responses =	5925	30	12423	62	1444	7	20052	97.2

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.