



# UNDERGRADUATE STUDENT Reference Group

## Data Report Fall 2025

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

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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. **This report includes only data from 16,410 UNDERGRADUATE students at 42 schools** Demographic characteristics of the 42 campuses follow.

Demographic Characteristics of the 42 US Postsecondary Institutions Included in the Fall 2025 ACHA-NCHA III UNDERGRADUATE Reference Group	
Campus Characteristic (from 2024 Dept. of Education IPEDS data files)	n
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 UNDERGRADUATE 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	0
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>UNDERGRADUATES</b>	<b>Fall 2025 Institutions</b>
Number of institutions	42
Number of students	16,410
Mean response proportion*	9%
Median response proportion*	8%

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

## 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)

UNDERGRADUATE STUDENTS

January 29, 2026

FREQUENCY REPORT

Number of Surveys (n) = 16410 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	932	20	1058	10	64	5	2072	12.8
2 Very good	1916	41	3717	37	286	23	5956	36.7
3 Good	1301	28	3837	38	520	41	5727	35.3
4 Fair	460	10	1346	13	321	26	2165	13.3
5 Poor	62	1	168	2	65	5	309	1.9
Valid responses =	4671	29	10126	62	1256	8	16229	98.9

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	90	2	167	2	18	1	284	1.7
2 Disagree	107	2	190	2	40	3	345	2.1
3 Somewhat disagree	232	5	508	5	84	7	837	5.1
4 Somewhat agree	902	19	2044	20	352	28	3348	20.5
5 Agree	2164	46	4757	47	541	43	7535	46.0
6 Strongly agree	1238	26	2525	25	229	18	4015	24.5
Valid responses =	4733	29	10191	62	1264	8	16364	99.7

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	80	2	160	2	37	3	293	1.8
2 Disagree	130	3	267	3	74	6	479	2.9
3 Somewhat disagree	304	6	660	7	119	9	1099	6.7
4 Somewhat agree	1277	27	2725	27	401	32	4451	27.2
5 Agree	1977	42	4408	43	482	38	6932	42.4
6 Strongly agree	963	20	1958	19	151	12	3094	18.9
Valid responses =	4731	29	10178	62	1264	8	16348	99.6

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	55	1	116	1	16	1	198	1.2
2 Disagree	97	2	169	2	61	5	335	2.0
3 Somewhat disagree	290	6	491	5	94	7	886	5.4
4 Somewhat agree	1113	24	2355	23	373	30	3893	23.8
5 Agree	2139	45	4677	46	501	40	7388	45.2
6 Strongly agree	1035	22	2370	23	219	17	3646	22.3
Valid responses =	4729	29	10178	62	1264	8	16346	99.6

Invalid responses include no response.



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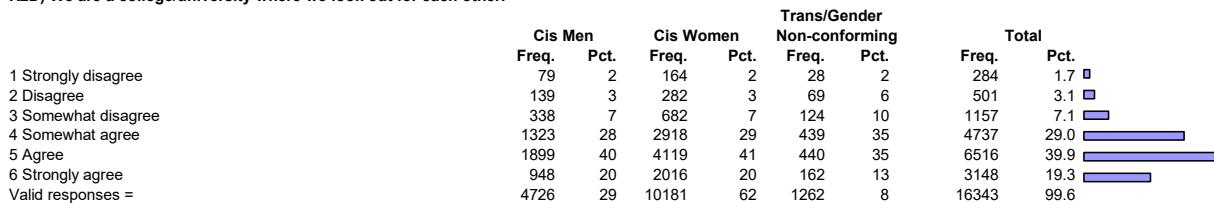
## UNDERGRADUATE STUDENTS

January 29, 2026

### FREQUENCY REPORT

Number of Surveys (n) = 16410 Web Surveys

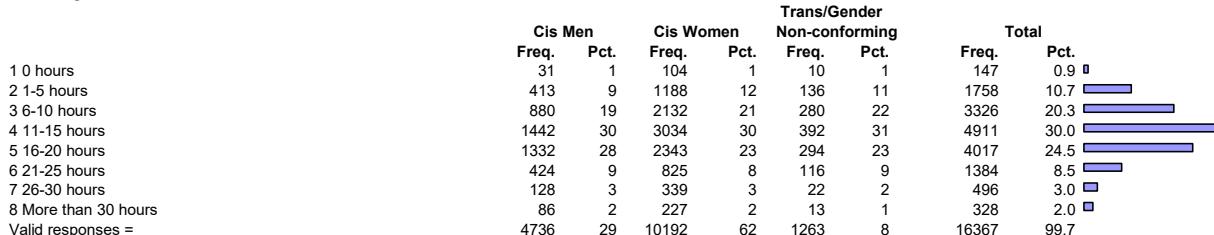
**R2D) We are a college/university where we look out for each other.**



Invalid responses include no response.

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

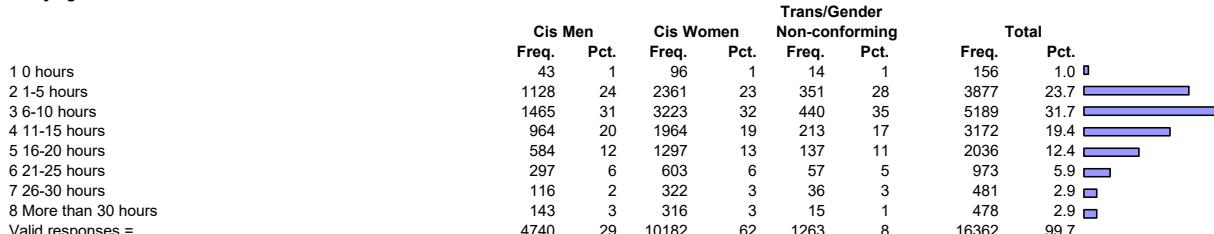
Attending classes, discussion sections, or labs



Invalid responses include no response.

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

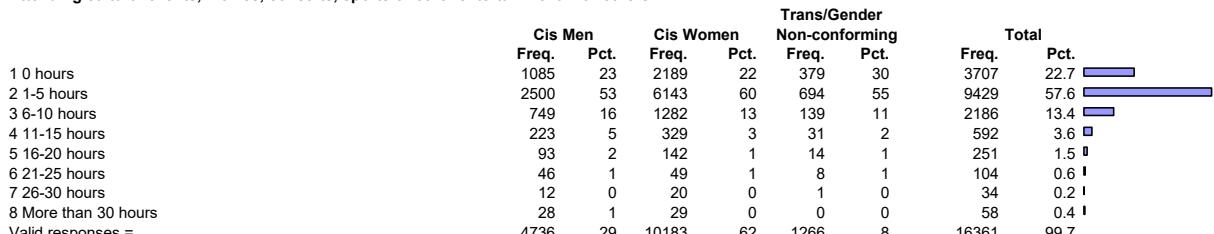
Studying and other academic activities outside of class



Invalid responses include no response.

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

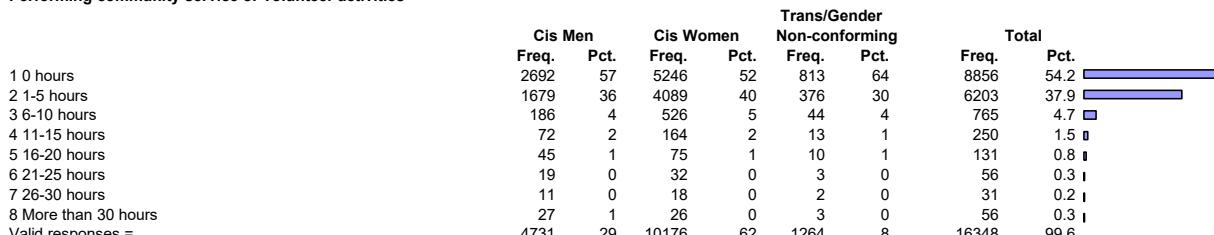
Attending cultural events, movies, concerts, sports or other entertainment with others



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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FREQUENCY REPORT

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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	757	16	2456	24	524	41	3797	23.2
2 1-5 hours	1872	40	4820	47	522	41	7285	44.5
3 6-10 hours	1134	24	1756	17	164	13	3074	18.8
4 11-15 hours	499	11	570	6	26	2	1107	6.8
5 16-20 hours	272	6	328	3	19	2	625	3.8
6 21-25 hours	93	2	140	1	7	1	244	1.5
7 26-30 hours	39	1	51	1	1	0	92	0.6
8 More than 30 hours	73	2	70	1	4	0	150	0.9
Valid responses =	4739	29	10191	62	1267	8	16374	99.8

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	2680	57	6181	61	1029	82	10006	61.2
2 1-5 hours	1580	33	3302	32	196	16	5124	31.3
3 6-10 hours	301	6	449	4	22	2	780	4.8
4 11-15 hours	79	2	135	1	6	1	224	1.4
5 16-20 hours	43	1	51	1	6	1	103	0.6
6 21-25 hours	21	0	27	0	0	0	48	0.3
7 26-30 hours	10	0	11	0	2	0	23	0.1
8 More than 30 hours	24	1	29	0	1	0	54	0.3
Valid responses =	4738	29	10185	62	1262	8	16362	99.7

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	1960	41	4446	44	536	42	7016	43.0
2 1-5 hours	1817	38	4239	42	530	42	6660	40.8
3 6-10 hours	601	13	995	10	148	12	1759	10.8
4 11-15 hours	197	4	286	3	30	2	518	3.2
5 16-20 hours	80	2	100	1	10	1	195	1.2
6 21-25 hours	22	1	47	1	5	0	77	0.5
7 26-30 hours	15	0	19	0	1	0	35	0.2
8 More than 30 hours	37	1	26	0	3	0	66	0.4
Valid responses =	4729	29	10158	62	1263	8	16326	99.5

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	330	7	620	6	89	7	1052	6.4
2 1-5 hours	1600	34	3894	38	455	36	6023	36.8
3 6-10 hours	1280	27	2890	28	398	32	4619	28.2
4 11-15 hours	701	15	1337	13	182	14	2234	13.7
5 16-20 hours	380	8	671	7	58	5	1120	6.8
6 21-25 hours	159	3	306	3	25	2	492	3.0
7 26-30 hours	85	2	146	1	20	2	254	1.6
8 More than 30 hours	199	4	327	3	36	3	570	3.5
Valid responses =	4734	29	10191	62	1263	8	16364	99.7

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	3065	65	6428	63	999	79	10625	65.0
2 1-5 hours	1189	25	2840	28	210	17	4270	26.1
3 6-10 hours	302	6	649	6	31	3	989	6.0
4 11-15 hours	95	2	180	2	12	1	292	1.8
5 16-20 hours	36	1	47	1	5	0	88	0.5
6 21-25 hours	17	0	14	0	1	0	32	0.2
7 26-30 hours	7	0	10	0	3	0	20	0.1
8 More than 30 hours	17	0	14	0	1	0	33	0.2
Valid responses =	4728	29	10182	62	1262	8	16349	99.6

Invalid responses include no response.



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FREQUENCY REPORT

Number of Surveys (n) = 16410 Web Surveys

### 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.	Freq.	Pct.	
1 0 hours	1756	37	3314	33	502	40	5632	34.5	5632	34.5	
2 1-5 hours	1621	34	3597	35	453	36	5724	35.0	5724	35.0	
3 6-10 hours	561	12	1264	12	127	10	1984	12.1	1984	12.1	
4 11-15 hours	249	5	621	6	64	5	944	5.8	944	5.8	
5 16-20 hours	147	3	357	4	36	3	546	3.3	546	3.3	
6 21-25 hours	97	2	220	2	22	2	342	2.1	342	2.1	
7 26-30 hours	50	1	142	1	19	2	213	1.3	213	1.3	
8 More than 30 hours	246	5	663	7	39	3	956	5.9	956	5.9	
Valid responses =	4727	29	10178	62	1262	8	16341	99.6			

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.	Freq.	Pct.	
1 0 hours	406	9	697	7	88	7	1208	7.4	1208	7.4	
2 1-5 hours	1878	40	4515	44	454	36	6912	42.2	6912	42.2	
3 6-10 hours	1222	26	2721	27	350	28	4333	26.5	4333	26.5	
4 11-15 hours	589	12	1172	12	186	15	1971	12.0	1971	12.0	
5 16-20 hours	306	7	566	6	84	7	971	5.9	971	5.9	
6 21-25 hours	149	3	227	2	39	3	423	2.6	423	2.6	
7 26-30 hours	50	1	104	1	21	2	177	1.1	177	1.1	
8 More than 30 hours	137	3	188	2	42	3	372	2.3	372	2.3	
Valid responses =	4737	29	10190	62	1264	8	16367	99.7			

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.	Freq.	Pct.	
1 0 hours	1488	31	7200	71	411	33	9180	56.1	9180	56.1	
2 1-5 hours	1602	34	2039	20	434	34	4121	25.2	4121	25.2	
3 6-10 hours	773	16	532	5	210	17	1538	9.4	1538	9.4	
4 11-15 hours	434	9	214	2	82	7	743	4.5	743	4.5	
5 16-20 hours	193	4	87	1	62	5	350	2.1	350	2.1	
6 21-25 hours	107	2	47	1	28	2	185	1.1	185	1.1	
7 26-30 hours	43	1	25	0	8	1	76	0.5	76	0.5	
8 More than 30 hours	99	2	35	0	29	2	165	1.0	165	1.0	
Valid responses =	4739	29	10179	62	1264	8	16358	99.7			

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.	Freq.	Pct.	
1 0 hours	461	10	477	5	101	8	1056	6.5	1056	6.5	
2 1-5 hours	1581	33	3577	35	442	35	5665	34.7	5665	34.7	
3 6-10 hours	1292	27	2995	29	331	26	4668	28.6	4668	28.6	
4 11-15 hours	672	14	1545	15	171	14	2407	14.7	2407	14.7	
5 16-20 hours	362	8	795	8	97	8	1262	7.7	1262	7.7	
6 21-25 hours	158	3	339	3	44	4	547	3.3	547	3.3	
7 26-30 hours	73	2	180	2	31	3	286	1.7	286	1.7	
8 More than 30 hours	134	3	268	3	44	4	455	2.8	455	2.8	
Valid responses =	4733	29	10176	62	1261	8	16346	99.6			

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.	Freq.	Pct.	
1 0 hours	1693	36	3710	37	466	37	5933	36.4	5933	36.4	
2 1-5 hours	2316	49	4756	47	626	50	7780	47.8	7780	47.8	
3 6-10 hours	457	10	1067	11	99	8	1640	10.1	1640	10.1	
4 11-15 hours	116	3	295	3	33	3	451	2.8	451	2.8	
5 16-20 hours	65	1	110	1	17	1	194	1.2	194	1.2	
6 21-25 hours	26	1	58	1	5	0	90	0.6	90	0.6	
7 26-30 hours	12	0	43	0	5	0	61	0.4	61	0.4	
8 More than 30 hours	33	1	97	1	6	1	136	0.8	136	0.8	
Valid responses =	4718	29	10136	62	1257	8	16285	99.2			

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	2402	51	4049	40	577	46	7116	43.6
2 1-5 hours	438	9	1008	10	109	9	1572	9.6
3 6-10 hours	504	11	1406	14	156	12	2081	12.7
4 11-15 hours	405	9	1010	10	136	11	1563	9.6
5 16-20 hours	349	7	969	10	120	10	1450	8.9
6 21-25 hours	183	4	556	6	63	5	812	5.0
7 26-30 hours	134	3	333	3	26	2	501	3.1
8 More than 30 hours	314	7	829	8	77	6	1233	7.6
Valid responses =	4729	29	10160	62	1264	8	16328	99.5

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	3667	78	7683	76	950	75	12440	76.2
2 1-5 hours	854	18	2205	22	266	21	3353	20.5
3 6-10 hours	104	2	165	2	28	2	301	1.8
4 11-15 hours	45	1	55	1	9	1	110	0.7
5 16-20 hours	25	1	12	0	8	1	46	0.3
6 21-25 hours	12	0	9	0	1	0	22	0.1
7 26-30 hours	9	0	7	0	1	0	17	0.1
8 More than 30 hours	14	0	15	0	1	0	30	0.2
Valid responses =	4730	29	10151	62	1264	8	16319	99.4

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	1296	27	2048	20	233	19	3620	22.1
2 1-5 hours	2471	52	5598	55	730	58	8884	54.2
3 6-10 hours	606	13	1429	14	206	16	2276	13.9
4 11-15 hours	176	4	506	5	48	4	734	4.5
5 16-20 hours	79	2	228	2	23	2	333	2.0
6 21-25 hours	35	1	105	1	7	1	147	0.9
7 26-30 hours	22	1	57	1	6	1	87	0.5
8 More than 30 hours	57	1	226	2	9	1	296	1.8
Valid responses =	4742	29	10197	62	1262	8	16377	99.8

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	4039	85	7964	78	1082	86	13229	80.8
2 1-5 hours	341	7	989	10	93	7	1438	8.8
3 6-10 hours	100	2	353	4	31	3	490	3.0
4 11-15 hours	73	2	150	2	16	1	244	1.5
5 16-20 hours	50	1	103	1	7	1	160	1.0
6 21-25 hours	23	1	60	1	4	0	87	0.5
7 26-30 hours	16	0	66	1	6	1	88	0.5
8 More than 30 hours	92	2	508	5	24	2	629	3.8
Valid responses =	4734	29	10193	62	1263	8	16365	99.7

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	95	2	89	1	20	2	211	1.3
2 Slightly underweight	664	14	852	8	177	14	1715	10.5
3 About the right weight	2468	52	5464	54	550	44	8564	52.3
4 Slightly overweight	1273	27	3129	31	417	33	4864	29.7
5 Very overweight	246	5	668	7	98	8	1031	6.3
Valid responses =	4746	29	10202	62	1262	8	16385	99.8

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)

### UNDERGRADUATE STUDENTS

January 29, 2026

### FREQUENCY REPORT

Number of Surveys (n) = 16410 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	961	20	2300	23	415	33	3735	22.8
2 Stay the same weight	1022	22	1986	20	194	15	3229	19.7
3 Lose weight	1633	34	5359	53	535	42	7593	46.4
4 Gain weight	1128	24	552	5	121	10	1822	11.1
Valid responses =	4744	29	10197	62	1265	8	16379	99.8

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	135	3	239	2	51	4	435	2.7
1 1 to 149 Minutes	2033	43	4686	47	621	50	7415	46.2
2 150 to 299 Minutes	1106	24	2212	22	252	20	3604	22.5
3 300 or More Minutes	1408	30	2821	28	316	26	4579	28.6
Valid responses =	4682	29	9958	62	1240	8	16033	97.7

Invalid responses include no response.

	Mean	Median	Std Dev	Min	Max
Cis Men	264.64	180.00	402.57	0	5040
Cis Women	265.24	150.00	431.45	0	5040
Trans/Gender Non-conforming	254.53	120.00	416.12	0	5040
Overall	263.66	150.00	420.76	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	1007	22	3673	37	547	44	5288	32.8
1 1 to 74 Minutes	1339	29	3102	31	410	33	4900	30.4
2 75 to 149 Minutes	666	14	1180	12	127	10	1985	12.3
3 150 or More Minutes	1679	36	2058	21	163	13	3931	24.4
Valid responses =	4691	29	10013	62	1247	8	16104	98.1

Invalid responses include no response.

	Mean	Median	Std Dev	Min	Max
Cis Men	170.15	72.00	259.12	0	3000
Cis Women	109.11	30.00	222.54	0	3000
Trans/Gender Non-conforming	71.70	10.00	168.84	0	2880
Overall	124.04	35.00	232.82	0	3000

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

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

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
0 0 days	1390	29	4403	43	771	61	6642	40.7
1 1 day	487	10	1277	13	138	11	1923	11.8
2 2 days	595	13	1452	14	150	12	2214	13.6
3 3 days	685	15	1350	13	87	7	2143	13.1
4 4 days	541	11	703	7	53	4	1302	8.0
5 5 days	575	12	550	5	34	3	1173	7.2
6 6 days	282	6	248	2	14	1	546	3.3
7 7 days	184	4	186	2	15	1	392	2.4
Valid responses =	4739	29	10169	62	1262	8	16335	99.5

Invalid responses include no response.



# AMERICAN COLLEGE HEALTH ASSOCIATION

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## UNDERGRADUATE STUDENTS

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FREQUENCY REPORT

Number of Surveys (n) = 16410 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	1554	33	2565	26	285	23	4452	27.7
2 1 serving	810	17	2144	22	276	22	3254	20.2
3 2 servings	728	16	1596	16	206	17	2551	15.9
4 3 servings	400	9	946	10	142	11	1500	9.3
5 4 servings	233	5	540	5	69	6	853	5.3
6 5 servings	205	4	495	5	52	4	760	4.7
7 6 servings	137	3	270	3	40	3	452	2.8
8 7 servings	115	3	394	4	32	3	548	3.4
9 8 servings	73	2	166	2	26	2	266	1.7
10 9 or more servings	424	9	870	9	120	10	1436	8.9
Valid responses =	4679	29	9986	62	1248	8	16072	97.9

Invalid responses include no response.

	Mean	Median	Std Dev	Min	Max
Cis Men	3.06	1.00	4.87	0	30
Cis Women	3.22	2.00	4.77	0	30
Trans/Gender Non-conforming	3.28	2.00	4.66	0	30
Overall	3.19	2.00	4.8	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	2707	57	5822	58	704	56	9321	57.4
2 1-2 days	566	12	1212	12	170	14	1965	12.1
3 3-4 days	363	8	767	8	94	8	1237	7.6
4 5-10 days	455	10	1077	11	140	11	1691	10.4
5 11-15 days	163	4	338	3	45	4	552	3.4
6 16-20 days	152	3	322	3	42	3	518	3.2
7 21-25 days	128	3	199	2	21	2	351	2.2
8 26-30 days	181	4	366	4	42	3	599	3.7
Valid responses =	4715	29	10103	62	1258	8	16234	98.9

Invalid responses include no response.

	Mean	Median	Std Dev	Min	Max
Cis Men	4.01	0.00	7.66	0	30
Cis Women	3.83	0.00	7.37	0	30
Trans/Gender Non-conforming	3.77	0.00	7.2	0	30
Overall	3.88	0.00	7.45	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	933	20	1528	15	307	24	2800	17.1
2 1-2 servings per day	2904	61	6850	67	750	60	10606	64.9
3 3-4 servings per day	745	16	1529	15	174	14	2472	15.1
4 5-6 servings per day	106	2	189	2	21	2	320	2.0
5 More than 6 servings per day	46	1	78	1	9	1	133	0.8
Valid responses =	4734	29	10174	62	1261	8	16331	99.5

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	686	15	1136	11	219	17	2067	12.7
2 1-2 servings per day	2896	61	6362	63	735	58	10092	61.8
3 3-4 servings per day	966	20	2257	22	259	21	3513	21.5
4 5-6 servings per day	138	3	335	3	36	3	514	3.1
5 More than 6 servings per day	43	1	85	1	12	1	141	0.9
Valid responses =	4729	29	10175	62	1261	8	16327	99.5

Invalid responses include no response.



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### UNDERGRADUATE STUDENTS

January 29, 2026

### FREQUENCY REPORT

Number of Surveys (n) = 16410 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		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
0 Never True	2963	63	5586	55	655	52	9285	56.9
1 Sometimes True	1380	29	3458	34	432	34	5329	32.6
2 Often True	383	8	1128	11	174	14	1712	10.5
Valid responses =	4726	29	10172	62	1261	8	16326	99.5

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		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
0 Never True	3046	65	5766	57	635	50	9523	58.4
1 Sometimes True	1186	25	3061	30	371	29	4676	28.7
2 Often True	485	10	1332	13	254	20	2105	12.9
Valid responses =	4717	29	10159	62	1260	8	16304	99.4

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		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
0 No	3353	71	6708	66	758	60	10921	66.7
1 Only 1 or 2 days	591	13	1418	14	186	15	2220	13.6
2 Yes, some days, but not every day	628	13	1631	16	221	18	2507	15.3
3 Yes, almost every day	166	4	445	4	97	8	723	4.4
Valid responses =	4738	29	10202	62	1262	8	16371	99.8

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		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
0 No	3743	79	7666	75	876	70	12400	75.8
1 Yes	992	21	2527	25	381	30	3950	24.2
Valid responses =	4735	29	10193	62	1257	8	16350	99.6

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		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
0 No	3968	84	8127	80	924	73	13143	80.4
1 Yes	765	16	2060	20	335	27	3201	19.6
Valid responses =	4733	29	10187	62	1259	8	16344	99.6

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		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Under 5 minutes	588	12	884	9	71	6	1560	9.5
2 5-15 minutes	1688	36	3331	33	315	25	5378	32.8
3 16-30 minutes	1307	28	2834	28	381	30	4556	27.8
4 31 minutes - 1 hour	778	16	2001	20	315	25	3137	19.2
5 over 1 hour	384	8	1148	11	183	15	1746	10.7
Valid responses =	4745	29	10198	62	1265	8	16377	99.8

Invalid responses include no response.

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

	Cis Men		Cis Women		Trans/Gender		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Less than 4 hours	40	1	119	1	23	2	186	1.1
2 4 hours	147	3	338	3	55	4	548	3.3
3 5 hours	522	11	1308	13	179	14	2038	12.4
4 6 hours	1254	26	2521	25	328	26	4138	25.3
5 7 hours	1639	35	3196	31	381	30	5268	32.2
6 8 hours	942	20	2049	20	222	18	3241	19.8
7 9 hours	162	3	482	5	57	5	707	4.3
8 10 or more hours	40	1	191	2	22	2	259	1.6
Valid responses =	4746	29	10204	62	1267	8	16385	99.8

Invalid responses include no response.



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UNDERGRADUATE STUDENTS

January 29, 2026

FREQUENCY REPORT

Number of Surveys (n) = 16410 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.	
1 Less than 4 hours	43	1	106	1	12	1	166	1.0	
2 4 hours	113	2	257	3	30	2	403	2.5	
3 5 hours	251	5	670	7	73	6	1000	6.1	
4 6 hours	609	13	1382	14	155	12	2168	13.2	
5 7 hours	920	19	2067	20	181	14	3205	19.6	
6 8 hours	1429	30	2798	27	343	27	4617	28.2	
7 9 hours	937	20	1933	19	288	23	3182	19.4	
8 10 or more hours	445	9	984	10	185	15	1638	10.0	
Valid responses =	4747	29	10197	62	1267	8	16379	99.8	
Invalid responses include no response.									

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.	
1 0 days	2599	55	4604	45	577	46	7854	48.0	
2 1 day	841	18	1848	18	203	16	2923	17.9	
3 2 days	624	13	1625	16	202	16	2471	15.1	
4 3 days	279	6	922	9	114	9	1338	8.2	
5 4 days	126	3	428	4	60	5	621	3.8	
6 5 days	110	2	312	3	43	3	471	2.9	
7 6 days	40	1	138	1	18	1	197	1.2	
8 7 days	119	3	315	3	49	4	489	3.0	
Valid responses =	4738	29	10192	62	1266	8	16364	99.7	
Invalid responses include no response.									

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.	
1 0 days	282	6	258	3	35	3	578	3.5	
2 1 day	493	10	506	5	45	4	1050	6.4	
3 2 days	867	18	1174	12	111	9	2179	13.3	
4 3 days	838	18	1560	15	160	13	2577	15.7	
5 4 days	641	14	1303	13	133	11	2095	12.8	
6 5 days	559	12	1513	15	190	15	2283	14.0	
7 6 days	224	5	742	7	79	6	1055	6.4	
8 7 days	837	18	3135	31	511	40	4546	27.8	
Valid responses =	4741	29	10191	62	1264	8	16363	99.7	
Invalid responses include no response.									

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.	
1 0 days	1775	38	3011	30	297	24	5128	31.4	
2 1 day	1103	23	2154	21	247	20	3537	21.6	
3 2 days	649	14	1576	16	208	16	2462	15.1	
4 3 days	357	8	939	9	110	9	1420	8.7	
5 4 days	218	5	609	6	86	7	924	5.6	
6 5 days	191	4	579	6	95	8	875	5.3	
7 6 days	97	2	302	3	50	4	455	2.8	
8 7 days	342	7	1020	10	173	14	1556	9.5	
Valid responses =	4732	29	10190	62	1266	8	16357	99.7	
Invalid responses include no response.									

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.	
1 0 days	647	14	1935	19	338	27	2962	18.1	
2 1 day	626	13	1856	18	223	18	2731	16.7	
3 2 days	901	19	2081	20	235	19	3245	19.8	
4 3 days	674	14	1436	14	149	12	2286	14.0	
5 4 days	554	12	1086	11	113	9	1773	10.8	
6 5 days	631	13	879	9	88	7	1607	9.8	
7 6 days	397	8	474	5	57	5	936	5.7	
8 7 days	308	7	446	4	61	5	824	5.0	
Valid responses =	4738	29	10193	62	1264	8	16364	99.7	
Invalid responses include no response.									



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UNDERGRADUATE STUDENTS

January 29, 2026

FREQUENCY REPORT

Number of Surveys (n) = 16410 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	2000	42	3961	39	518	41	6539	40.0
2 1 day	954	20	1859	18	243	19	3089	18.9
3 2 days	710	15	1652	16	181	14	2576	15.7
4 3 days	453	10	1080	11	127	10	1678	10.3
5 4 days	251	5	615	6	85	7	963	5.9
6 5 days	149	3	438	4	36	3	627	3.8
7 6 days	63	1	188	2	27	2	281	1.7
8 7 days	157	3	392	4	47	4	603	3.7
Valid responses =	4737	29	10185	62	1264	8	16356	99.7
Invalid responses include no response.								

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	557	20	878	14	81	11	1536	15.7
2 Between 30 and 59 minutes	1322	48	2812	45	302	41	4472	45.6
3 Between 60 and 119 minutes	673	25	1884	30	263	35	2854	29.1
4 2 hours or more	181	7	639	10	98	13	936	9.6
Valid responses =	2733	28	6213	63	744	8	9798	59.7
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	2518	53	6673	66	852	67	10157	62.1
2 Never	899	19	1296	13	127	10	2342	14.3
3 Rarely	282	6	408	4	47	4	743	4.5
4 Sometimes	203	4	328	3	40	3	573	3.5
5 Most of the time	257	5	406	4	49	4	716	4.4
6 Always	581	12	1080	11	150	12	1831	11.2
Valid responses =	4740	29	10191	62	1265	8	16362	99.7
Invalid responses include no response.								

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	3777	80	8854	87	1139	90	13912	85.1
2 Never	347	7	411	4	42	3	810	5.0
3 Rarely	77	2	100	1	6	1	185	1.1
4 Sometimes	68	1	100	1	6	1	176	1.1
5 Most of the time	85	2	119	1	11	1	215	1.3
6 Always	379	8	599	6	57	5	1045	6.4
Valid responses =	4733	29	10183	62	1261	8	16343	99.6
Invalid responses include no response.								

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	3918	83	9222	91	1116	88	14397	88.1
2 Never	502	11	541	5	85	7	1141	7.0
3 Rarely	70	2	100	1	18	1	192	1.2
4 Sometimes	73	2	74	1	12	1	161	1.0
5 Most of the time	45	1	64	1	8	1	118	0.7
6 Always	124	3	181	2	25	2	335	2.0
Valid responses =	4732	29	10182	62	1264	8	16344	99.6
Invalid responses include no response.								

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	323	7	814	8	185	15	1343	8.2
2 Within the last 2 weeks	3306	70	7152	70	736	58	11295	69.0
3 More than 2 weeks but within 30 days	247	5	569	6	57	5	882	5.4
4 More than 30 days but within 3 months	497	11	910	9	124	10	1550	9.5
5 More than 3 months but within 12 months	266	6	564	6	108	9	950	5.8
6 More than 12 months ago	103	2	188	2	57	5	351	2.1
Valid responses =	4742	29	10197	62	1267	8	16371	99.8
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)

## UNDERGRADUATE STUDENTS

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FREQUENCY REPORT

Number of Surveys (n) = 16410 Web Surveys

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	18	1	42	1	4	1	64	0.6	64	0.6	
1 1 to 4 Days	847	26	1578	22	190	26	2643	23.5	2643	23.5	
2 5 to 10 Days	1054	32	2198	31	250	34	3529	31.4	3529	31.4	
3 11 to 14 Days	1375	42	3294	46	291	40	5001	44.5	5001	44.5	
Valid responses =	3294	29	7112	63	735	7	11237	68.5			

Invalid responses include no response.

	Mean	Median	Std Dev	Min	Max
Cis Men	8.65	9.00	4.7	0	14
Cis Women	9.12	10.00	4.64	0	14
Trans/Gender Non-conforming	8.46	9.00	4.55	0	14
Overall	8.93	10.00	4.66	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	1537	47	3205	45	413	56	5209	46.5	5209	46.5	
1 1 to 4 Days	865	26	1838	26	184	25	2907	26.0	2907	26.0	
2 5 to 10 Days	444	14	1072	15	81	11	1610	14.4	1610	14.4	
3 11 to 14 Days	436	13	976	14	55	8	1473	13.2	1473	13.2	
Valid responses =	3282	29	7091	63	733	7	11199	68.2			

Invalid responses include no response.

	Mean	Median	Std Dev	Min	Max
Cis Men	3.33	1.00	4.73	0	14
Cis Women	3.53	1.00	4.82	0	14
Trans/Gender Non-conforming	2.30	0.00	3.95	0	14
Overall	3.38	1.00	4.74	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	3877	90	8202	89	913	89	13121	89.5	13121	89.5	
2 One accident	385	9	887	10	96	9	1376	9.4	1376	9.4	
3 Two accidents	38	1	99	1	13	1	151	1.0	151	1.0	
4 Three or more accidents	9	0	5	0	1	0	16	0.1	16	0.1	
Valid responses =	4309	29	9193	63	1023	7	14664	89.4			

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	4303	91	9063	89	1135	90	14636	90.0	14636	90.0	
2 Yes	403	9	1084	11	122	10	1627	10.0	1627	10.0	
Valid responses =	4706	29	10147	62	1257	8	16263	99.1			

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	4439	95	9470	94	1179	94	15230	93.8	15230	93.8	
2 Yes	258	6	659	7	79	6	1007	6.2	1007	6.2	
Valid responses =	4697	29	10129	62	1258	8	16237	98.9			

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	4556	97	9859	97	1218	97	15779	97.2	15779	97.2	
2 Yes	137	3	273	3	40	3	457	2.8	457	2.8	
Valid responses =	4693	29	10132	62	1258	8	16236	98.9			

Invalid responses include no response.



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UNDERGRADUATE STUDENTS

January 29, 2026

FREQUENCY REPORT

Number of Surveys (n) = 16410 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	4641	99	9960	98	1227	98	15975 98.4	
2 Yes	58	1	162	2	29	2	254 1.6	
Valid responses =	4699	29	10122	62	1256	8	16229 98.9	

Invalid responses include no response.

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

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

	Trans/Gender						Total	
	Cis Men		Cis Women		Non-conforming			
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 No	4603	98	9793	97	1197	95	15738 97.1	
2 Yes	88	2	325	3	59	5	478 2.9	
Valid responses =	4691	29	10118	62	1256	8	16216 98.8	

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	4508	96	10049	99	1240	98	15948 97.8	
2 Yes	208	4	122	1	26	2	363 2.2	
Valid responses =	4716	29	10171	62	1266	8	16311 99.4	

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	4617	98	9999	98	1225	97	15994 98.1	
2 Yes	98	2	167	2	40	3	310 1.9	
Valid responses =	4715	29	10166	62	1265	8	16304 99.4	

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	4077	86	9133	90	1055	84	14391 88.3	
2 Yes	640	14	1026	10	209	17	1905 11.7	
Valid responses =	4717	29	10159	62	1264	8	16296 99.3	

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	4595	98	9552	94	1168	93	15462 95.0	
2 Yes	113	2	599	6	95	8	818 5.0	
Valid responses =	4708	29	10151	62	1263	8	16280 99.2	

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	4683	99	9950	98	1235	98	16019 98.3	
2 Yes	33	1	208	2	29	2	276 1.7	
Valid responses =	4716	29	10158	62	1264	8	16295 99.3	

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	4688	99	9998	98	1243	98	16082 98.7	
2 Yes	29	1	160	2	22	2	214 1.3	
Valid responses =	4717	29	10158	62	1265	8	16296 99.3	

Invalid responses include no response.



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

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

	Trans/Gender						Total	
	Cis Men		Cis Women		Non-conforming			
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	4626	98	9661	95	1185	94	15619	95.8
2 Yes	97	2	493	5	79	6	680	4.2
Valid responses =	4723	29	10154	62	1264	8	16299	99.3

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.	Freq.	Pct.
1 Not safe at all	19	0	21	0	2	0	48	0.3
2 Somewhat unsafe	30	1	84	1	33	3	156	1.0
3 Somewhat safe	408	9	1211	12	236	19	1889	11.5
4 Very safe	4115	87	8356	82	952	75	13532	82.7
5 Does not apply	172	4	521	5	43	3	743	4.5
Valid responses =	4744	29	10193	62	1266	8	16368	99.7

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.	Freq.	Pct.
1 Not safe at all	44	1	208	2	34	3	295	1.8
2 Somewhat unsafe	190	4	1299	13	206	16	1718	10.5
3 Somewhat safe	1272	27	4285	42	544	43	6169	37.7
4 Very safe	2763	58	3028	30	346	27	6180	37.8
5 Does not apply	468	10	1370	13	135	11	1996	12.2
Valid responses =	4737	29	10190	62	1266	8	16358	99.7

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.	Freq.	Pct.
1 Not safe at all	32	1	68	1	7	1	114	0.7
2 Somewhat unsafe	170	4	538	5	94	7	815	5.0
3 Somewhat safe	1300	27	3448	34	520	41	5333	32.6
4 Very safe	2987	63	5470	54	540	43	9063	55.4
5 Does not apply	253	5	662	7	103	8	1032	6.3
Valid responses =	4742	29	10186	62	1264	8	16357	99.7

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.	Freq.	Pct.
1 Not safe at all	194	4	825	8	111	9	1150	7.0
2 Somewhat unsafe	722	15	2599	26	359	28	3717	22.7
3 Somewhat safe	1620	34	3749	37	458	36	5879	36.0
4 Very safe	1731	37	1688	17	150	12	3594	22.0
5 Does not apply	470	10	1319	13	185	15	2003	12.3
Valid responses =	4737	29	10180	62	1263	8	16343	99.6

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.	Freq.	Pct.
0 No	3444	73	7264	71	946	75	11774	72.0
3 Yes	1295	27	2924	29	320	25	4580	28.0
Valid responses =	4739	29	10188	62	1266	8	16354	99.7

Invalid responses include no response.



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### 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	2150	45	4057	40	526	42	6819 41.8
3 Yes	2588	55	6102	60	740	59	9504 58.2
Valid responses =	4738	29	10159	62	1266	8	16323 99.5

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	3323	70	6652	66	724	57	10818 66.3
3 Yes	1402	30	3510	35	540	43	5494 33.7
Valid responses =	4725	29	10162	62	1264	8	16312 99.4

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	4571	97	9803	97	1231	98	15760 96.7
3 Yes	161	3	344	3	32	3	542 3.3
Valid responses =	4732	29	10147	62	1263	8	16302 99.3

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	4452	94	9690	95	1205	95	15498 95.0
3 Yes	276	6	478	5	58	5	819 5.0
Valid responses =	4728	29	10168	62	1263	8	16317 99.4

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	4675	99	10067	99	1254	99	16154 98.9
3 Yes	54	1	110	1	10	1	176 1.1
Valid responses =	4729	29	10177	62	1264	8	16330 99.5

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	4572	97	9868	97	1202	95	15795 96.8
3 Yes	156	3	294	3	62	5	519 3.2
Valid responses =	4728	29	10162	62	1264	8	16314 99.4

Invalid responses include no response.



# AMERICAN COLLEGE HEALTH ASSOCIATION

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

Reference Group Data Report - 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)

## UNDERGRADUATE STUDENTS

January 29, 2026

FREQUENCY REPORT

Number of Surveys (n) = 16410 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.	
0 No	4579	97	9850	97	1209	96	15791 96.8
3 Yes	152	3	318	3	51	4	527 3.2
Valid responses =	4731	29	10168	62	1260	8	16318 99.4

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.	
0 No	4337	92	9557	94	1141	90	15183 92.9
3 Yes	393	8	623	6	124	10	1152 7.1
Valid responses =	4730	29	10180	62	1265	8	16335 99.5

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.	
0 No	4697	99	10098	100	1255	100	16209 99.5
3 Yes	28	1	51	1	6	1	86 0.5
Valid responses =	4725	29	10149	62	1261	8	16295 99.3

Invalid responses include no response.

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

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

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

	Trans/Gender						Total
	Cis Men		Cis Women		Non-conforming		
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	
0 No	4603	97	9922	98	1220	97	15900 97.5
3 Yes	127	3	236	2	41	3	408 2.5
Valid responses =	4730	29	10158	62	1261	8	16308 99.4

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.	
0 No	3551	98	7272	99	936	98	11867 98.8
3 Yes	56	2	64	1	19	2	142 1.2
Valid responses =	3607	30	7336	61	955	8	12009 73.2

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.	
0 Never	323	25	799	27	111	35	1244 27.2
2 Once or twice	350	27	748	26	64	20	1174 25.7
3 Monthly	117	9	238	8	28	9	386 8.4
4 Weekly	127	10	293	10	30	9	455 10.0
6 Daily or almost daily	374	29	841	29	86	27	1311 28.7
Valid responses =	1291	28	2919	64	319	7	4570 27.8

Invalid responses include no response.



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## UNDERGRADUATE STUDENTS

January 29, 2026

FREQUENCY REPORT

Number of Surveys (n) = 16410 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	292	11	570	9	101	14	969	10.2
2 Once or twice	771	30	2004	33	298	40	3098	32.7
3 Monthly	534	21	1522	25	179	24	2258	23.8
4 Weekly	900	35	1894	31	150	20	2961	31.2
6 Daily or almost daily	88	3	99	2	10	1	200	2.1
Valid responses =	2585	27	6089	64	738	8	9486	57.8
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	452	32	1140	33	145	27	1745	31.8
2 Once or twice	348	25	1027	29	138	26	1524	27.8
3 Monthly	185	13	444	13	63	12	700	12.8
4 Weekly	207	15	485	14	98	18	796	14.5
6 Daily or almost daily	206	15	404	12	95	18	714	13.0
Valid responses =	1398	26	3500	64	539	10	5479	33.4
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	112	70	253	74	22	69	390	72.2
2 Once or twice	31	19	69	20	7	22	108	20.0
3 Monthly	8	5	12	4	1	3	21	3.9
4 Weekly	8	5	7	2	1	3	16	3.0
6 Daily or almost daily	1	1	2	1	1	3	5	0.9
Valid responses =	160	30	343	64	32	6	540	3.3
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	170	62	319	67	29	50	519	63.4
2 Once or twice	48	18	76	16	20	35	147	18.0
3 Monthly	22	8	16	3	2	3	42	5.1
4 Weekly	11	4	20	4	1	2	32	3.9
6 Daily or almost daily	24	9	47	10	6	10	78	9.5
Valid responses =	275	34	478	58	58	7	818	5.0
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	45	83	101	93	6	60	153	87.4
2 Once or twice	3	6	3	3	1	10	7	4.0
3 Monthly	4	7	2	2	1	10	7	4.0
4 Weekly	0	0	3	3	2	20	5	2.9
6 Daily or almost daily	2	4	0	0	0	0	3	1.7
Valid responses =	54	31	109	62	10	6	175	1.1
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	101	65	162	55	44	71	310	59.7
2 Once or twice	34	22	95	32	13	21	144	27.7
3 Monthly	17	11	23	8	3	5	44	8.5
4 Weekly	4	3	12	4	2	3	18	3.5
6 Daily or almost daily	0	0	2	1	0	0	3	0.6
Valid responses =	156	30	294	57	62	12	519	3.2
Invalid responses include no response.								



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## UNDERGRADUATE STUDENTS

January 29, 2026

FREQUENCY REPORT

Number of Surveys (n) = 16410 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.	Freq.	Pct.
0 Never	101	66	198	62	39	77	341	64.7
2 Once or twice	34	22	66	21	6	12	107	20.3
3 Monthly	7	5	20	6	4	8	32	6.1
4 Weekly	5	3	15	5	0	0	20	3.8
6 Daily or almost daily	5	3	19	6	2	4	27	5.1
Valid responses =	152	29	318	60	51	10	527	3.2

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.	Freq.	Pct.
0 Never	248	63	440	71	78	63	773	67.2
2 Once or twice	120	31	160	26	38	31	322	28.0
3 Monthly	23	6	18	3	7	6	48	4.2
4 Weekly	0	0	5	1	0	0	5	0.4
6 Daily or almost daily	1	0	0	0	1	1	3	0.3
Valid responses =	392	34	623	54	124	11	1151	7.0

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.	Freq.	Pct.
0 Never	21	75	47	92	3	50	71	82.6
2 Once or twice	3	11	1	2	0	0	4	4.7
3 Monthly	4	14	2	4	2	33	8	9.3
4 Weekly	0	0	1	2	1	17	2	2.3
6 Daily or almost daily	0	0	0	0	0	0	1	1.2
Valid responses =	28	33	51	59	6	7	86	0.5

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.	Freq.	Pct.
0 Never	103	81	199	84	33	81	338	82.8
2 Once or twice	14	11	24	10	5	12	43	10.5
3 Monthly	3	2	5	2	2	5	10	2.5
4 Weekly	2	2	4	2	0	0	6	1.5
6 Daily or almost daily	5	4	4	2	1	2	11	2.7
Valid responses =	127	31	236	58	41	10	408	2.5

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.	Freq.	Pct.
0 Never	22	40	29	47	8	42	59	42.4
2 Once or twice	11	20	5	8	3	16	19	13.7
3 Monthly	4	7	5	8	2	11	11	7.9
4 Weekly	2	4	4	7	1	5	8	5.8
6 Daily or almost daily	16	29	19	31	5	26	42	30.2
Valid responses =	55	40	62	45	19	14	139	0.8

Invalid responses include no response.

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

	Trans/Gender						Total	
	Cis Men		Cis Women		Non-conforming			
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
0 No	57	54	76	48	16	55	153	51.2
1 Yes	44	42	81	51	12	41	138	46.2
99 Don't know	4	4	2	1	1	3	8	2.7
Valid responses =	105	35	159	53	29	10	299	1.8

Invalid responses include no response.



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## UNDERGRADUATE STUDENTS

January 29, 2026

FREQUENCY REPORT

Number of Surveys (n) = 16410 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	32	73	67	83	8	67	107	77.5
1 Yes	12	27	13	16	3	25	29	21.0
99 Don't know	0	0	1	1	1	8	2	1.4
Valid responses =	44	32	81	59	12	9	138	0.8

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	36	82	70	86	10	83	116	84.1
1 Yes	8	18	9	11	2	17	20	14.5
99 Don't know	0	0	2	3	0	0	2	1.4
Valid responses =	44	32	81	59	12	9	138	0.8

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	37	73	62	53	5	42	107	58.2
1 Yes	9	18	51	43	7	58	67	36.4
99 Don't know	5	10	5	4	0	0	10	5.4
Valid responses =	51	28	118	64	12	7	184	1.1

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	5	56	37	73	3	43	45	67.2
1 Yes	4	44	14	28	4	57	22	32.8
99 Don't know	0	0	0	0	0	0	0	0.0
Valid responses =	9	13	51	76	7	10	67	0.4

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	8	89	42	82	4	57	54	80.6
1 Yes	1	11	7	14	3	43	11	16.4
99 Don't know	0	0	2	4	0	0	2	3.0
Valid responses =	9	13	51	76	7	10	67	0.4

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	11	46	17	46	1	13	30	42.9
1 Yes	10	42	19	51	7	88	36	51.4
99 Don't know	3	13	1	3	0	0	4	5.7
Valid responses =	24	34	37	53	8	11	70	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	80	16	84	5	71	29	80.6
1 Yes	2	20	3	16	2	29	7	19.4
99 Don't know	0	0	0	0	0	0	0	0.0
Valid responses =	10	28	19	53	7	19	36	0.2

Invalid responses include no response.



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January 29, 2026

FREQUENCY REPORT

Number of Surveys (n) = 16410 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.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
0 No	7	70	16	84	3	43	26	72.2
1 Yes	2	20	2	11	3	43	7	19.4
99 Don't know	1	10	1	5	1	14	3	8.3
Valid responses =	10	28	19	53	7	19	36	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.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
0 Never	345	36	579	28	47	23	980	29.9
3 Once or twice	158	17	362	17	36	18	562	17.1
4 Monthly	38	4	110	5	21	10	170	5.2
5 Weekly	109	11	242	12	20	10	372	11.3
6 Daily or almost daily	306	32	802	38	78	39	1195	36.4
Valid responses =	956	29	2095	64	202	6	3279	20.0

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.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
0 Never	1168	52	2457	45	286	46	3939	46.8
3 Once or twice	511	23	1481	27	173	28	2186	26.0
4 Monthly	199	9	593	11	72	12	868	10.3
5 Weekly	320	14	782	14	74	12	1185	14.1
6 Daily or almost daily	72	3	144	3	23	4	243	2.9
Valid responses =	2270	27	5457	65	628	7	8421	51.3

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.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
0 Never	401	43	899	39	104	27	1419	38.6
3 Once or twice	165	18	554	24	99	26	822	22.4
4 Monthly	74	8	228	10	42	11	344	9.4
5 Weekly	152	16	313	14	73	19	545	14.8
6 Daily or almost daily	139	15	333	14	68	18	546	14.9
Valid responses =	931	25	2327	63	386	11	3676	22.4

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.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
0 Never	28	58	50	56	6	60	84	56.0
3 Once or twice	12	25	25	28	1	10	39	26.0
4 Monthly	4	8	5	6	3	30	12	8.0
5 Weekly	3	6	8	9	0	0	11	7.3
6 Daily or almost daily	1	2	2	2	0	0	4	2.7
Valid responses =	48	32	90	60	10	7	150	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

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)

## UNDERGRADUATE STUDENTS

January 29, 2026

FREQUENCY REPORT

Number of Surveys (n) = 16410 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	58	55	92	58	15	52	167	55.9
3 Once or twice	20	19	26	16	6	21	53	17.7
4 Monthly	8	8	4	3	3	10	16	5.4
5 Weekly	8	8	14	9	1	3	24	8.0
6 Daily or almost daily	11	11	23	15	4	14	39	13.0
Valid responses =	105	35	159	53	29	10	299	1.8

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	3	33	4	50	1	25	8	36.4
3 Once or twice	2	22	2	25	0	0	4	18.2
4 Monthly	2	22	1	13	2	50	5	22.7
5 Weekly	1	11	1	13	1	25	3	13.6
6 Daily or almost daily	1	11	0	0	0	0	2	9.1
Valid responses =	9	41	8	36	4	18	22	0.1

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	39	72	89	69	14	78	142	68.9
3 Once or twice	7	13	24	19	4	22	37	18.0
4 Monthly	4	7	12	9	0	0	16	7.8
5 Weekly	3	6	4	3	0	0	8	3.9
6 Daily or almost daily	1	2	1	1	0	0	3	1.5
Valid responses =	54	26	130	63	18	9	206	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	26	51	60	50	4	33	91	49.2
3 Once or twice	12	24	26	22	2	17	41	22.2
4 Monthly	8	16	9	8	4	33	21	11.4
5 Weekly	2	4	11	9	1	8	14	7.6
6 Daily or almost daily	3	6	13	11	1	8	18	9.7
Valid responses =	51	28	119	64	12	6	185	1.1

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	91	64	119	67	20	46	230	62.2
3 Once or twice	31	22	41	23	13	30	88	23.8
4 Monthly	11	8	11	6	6	14	29	7.8
5 Weekly	6	4	6	3	5	11	17	4.6
6 Daily or almost daily	3	2	2	1	0	0	6	1.6
Valid responses =	142	38	179	48	44	12	370	2.3

Invalid responses include no response.



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## UNDERGRADUATE STUDENTS

January 29, 2026

### FREQUENCY REPORT

Number of Surveys (n) = 16410 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	2	29	1	25	0	0	3	20.0
3 Once or twice	0	0	1	25	2	67	3	20.0
4 Monthly	2	29	2	50	1	33	5	33.3
5 Weekly	2	29	0	0	0	0	2	13.3
6 Daily or almost daily	1	14	0	0	0	0	2	13.3
Valid responses =	7	47	4	27	3	20	15	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	10	42	18	49	4	50	32	45.7
3 Once or twice	5	21	8	22	3	38	16	22.9
4 Monthly	3	13	3	8	0	0	6	8.6
5 Weekly	4	17	5	14	1	13	10	14.3
6 Daily or almost daily	2	8	3	8	0	0	6	8.6
Valid responses =	24	34	37	53	8	11	70	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	16	49	10	31	5	50	32	41.0
3 Once or twice	2	6	5	16	2	20	9	11.5
4 Monthly	2	6	1	3	1	10	4	5.1
5 Weekly	3	9	1	3	1	10	6	7.7
6 Daily or almost daily	10	30	15	47	1	10	27	34.6
Valid responses =	33	42	32	41	10	13	78	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	834	86	1739	82	161	78	2758	83.0
4 Once or twice	67	7	192	9	29	14	290	8.7
5 Monthly	16	2	62	3	5	2	84	2.5
6 Weekly	23	2	46	2	6	3	75	2.3
7 Daily or almost daily	26	3	79	4	6	3	114	3.4
Valid responses =	966	29	2118	64	207	6	3321	20.2

Invalid responses include no response.

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

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

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

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
0 Never	2056	90	4846	88	578	91	7539	88.7
4 Once or twice	160	7	477	9	44	7	686	8.1
5 Monthly	34	2	93	2	6	1	134	1.6
6 Weekly	28	1	79	1	6	1	114	1.3
7 Daily or almost daily	10	0	15	0	3	1	30	0.4
Valid responses =	2288	27	5510	65	637	7	8503	51.8

Invalid responses include no response.



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## UNDERGRADUATE STUDENTS

January 29, 2026

FREQUENCY REPORT

Number of Surveys (n) = 16410 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	791	84	2052	87	329	84	3199	86.1
4 Once or twice	83	9	187	8	42	11	317	8.5
5 Monthly	20	2	39	2	6	2	65	1.7
6 Weekly	30	3	39	2	12	3	81	2.2
7 Daily or almost daily	16	2	32	1	4	1	54	1.5
Valid responses =	940	25	2349	63	393	11	3716	22.6

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	41	87	78	87	7	70	126	84.6
4 Once or twice	3	6	6	7	0	0	10	6.7
5 Monthly	1	2	2	2	2	20	5	3.4
6 Weekly	1	2	3	3	1	10	5	3.4
7 Daily or almost daily	1	2	1	1	0	0	3	2.0
Valid responses =	47	32	90	60	10	7	149	0.9

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	94	90	136	86	22	79	256	85.9
4 Once or twice	4	4	12	8	3	11	20	6.7
5 Monthly	4	4	3	2	2	7	9	3.0
6 Weekly	2	2	3	2	1	4	6	2.0
7 Daily or almost daily	1	1	5	3	0	0	7	2.3
Valid responses =	105	35	159	53	28	9	298	1.8

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	4	44	5	63	1	25	10	45.5
4 Once or twice	4	44	0	0	0	0	4	18.2
5 Monthly	1	11	2	25	3	75	6	27.3
6 Weekly	0	0	1	13	0	0	1	4.5
7 Daily or almost daily	0	0	0	0	0	0	1	4.5
Valid responses =	9	41	8	36	4	18	22	0.1

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	51	93	126	96	14	82	194	93.3
4 Once or twice	3	6	2	2	2	12	7	3.4
5 Monthly	0	0	1	1	1	6	2	1.0
6 Weekly	0	0	1	1	0	0	1	0.5
7 Daily or almost daily	1	2	2	2	0	0	4	1.9
Valid responses =	55	26	132	63	17	8	208	1.3

Invalid responses include no response.



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## UNDERGRADUATE STUDENTS

January 29, 2026

FREQUENCY REPORT

Number of Surveys (n) = 16410 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.	
0 Never	43	86	98	82	8	67	150 81.5
4 Once or twice	3	6	8	7	0	0	12 6.5
5 Monthly	3	6	5	4	4	33	12 6.5
6 Weekly	0	0	4	3	0	0	4 2.2
7 Daily or almost daily	1	2	4	3	0	0	6 3.3
Valid responses =	50	27	119	65	12	7	184 1.1

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.	
0 Never	136	94	169	92	38	84	347 92.0
4 Once or twice	6	4	10	6	4	9	20 5.3
5 Monthly	2	1	0	0	2	4	4 1.1
6 Weekly	0	0	4	2	1	2	5 1.3
7 Daily or almost daily	0	0	0	0	0	0	1 0.3
Valid responses =	144	38	183	49	45	12	377 2.3

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.	
0 Never	3	43	1	25	0	0	4 26.7
4 Once or twice	0	0	0	0	0	0	0 0.0
5 Monthly	3	43	1	25	3	100	7 46.7
6 Weekly	1	14	2	50	0	0	3 20.0
7 Daily or almost daily	0	0	0	0	0	0	1 6.7
Valid responses =	7	47	4	27	3	20	15 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.	
0 Never	18	75	29	78	7	88	54 77.1
4 Once or twice	2	8	4	11	0	0	6 8.6
5 Monthly	3	13	1	3	1	13	5 7.1
6 Weekly	1	4	2	5	0	0	3 4.3
7 Daily or almost daily	0	0	1	3	0	0	2 2.9
Valid responses =	24	34	37	53	8	11	70 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.	
0 Never	26	79	22	69	10	91	60 75.9
4 Once or twice	5	15	4	13	0	0	9 11.4
5 Monthly	1	3	2	6	1	9	4 5.1
6 Weekly	1	3	1	3	0	0	2 2.5
7 Daily or almost daily	0	0	3	9	0	0	4 5.1
Valid responses =	33	42	32	41	11	14	79 0.5

Invalid responses include no response.



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## UNDERGRADUATE STUDENTS

January 29, 2026

FREQUENCY REPORT

Number of Surveys (n) = 16410 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	2064	90	4927	89	589	93	7641	89.8
5 Once or twice	169	7	471	9	36	6	678	8.0
6 Monthly	35	2	64	1	7	1	107	1.3
7 Weekly	19	1	46	1	2	0	68	0.8
8 Daily or almost daily	5	0	5	0	2	0	15	0.2
Valid responses =	2292	27	5513	65	636	7	8509	51.9

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	777	83	2057	87	314	80	3176	85.3
5 Once or twice	99	11	200	9	60	15	362	9.7
6 Monthly	24	3	41	2	5	1	70	1.9
7 Weekly	32	3	37	2	10	3	79	2.1
8 Daily or almost daily	10	1	18	1	4	1	35	0.9
Valid responses =	942	25	2353	63	393	11	3722	22.7

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	43	90	73	81	7	70	123	82.0
5 Once or twice	2	4	11	12	0	0	14	9.3
6 Monthly	2	4	2	2	2	20	6	4.0
7 Weekly	0	0	4	4	1	10	5	3.3
8 Daily or almost daily	1	2	0	0	0	0	2	1.3
Valid responses =	48	32	90	60	10	7	150	0.9

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	98	93	141	89	25	86	269	90.0
5 Once or twice	3	3	6	4	1	3	10	3.3
6 Monthly	3	3	3	2	1	3	7	2.3
7 Weekly	1	1	6	4	1	3	8	2.7
8 Daily or almost daily	0	0	3	2	1	3	5	1.7
Valid responses =	105	35	159	53	29	10	299	1.8

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	3	33	4	50	1	25	8	36.4
5 Once or twice	3	33	0	0	0	0	3	13.6
6 Monthly	2	22	2	25	2	50	6	27.3
7 Weekly	0	0	2	25	1	25	3	13.6
8 Daily or almost daily	1	11	0	0	0	0	2	9.1
Valid responses =	9	41	8	36	4	18	22	0.1

Invalid responses include no response.



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UNDERGRADUATE STUDENTS

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FREQUENCY REPORT

Number of Surveys (n) = 16410 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	51	93	127	96	16	89	197	94.3
5 Once or twice	4	7	0	0	1	6	5	2.4
6 Monthly	0	0	2	2	1	6	3	1.4
7 Weekly	0	0	1	1	0	0	1	0.5
8 Daily or almost daily	0	0	2	2	0	0	3	1.4
Valid responses =	55	26	132	63	18	9	209	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	45	88	102	86	7	58	156	84.8
5 Once or twice	2	4	6	5	2	17	10	5.4
6 Monthly	3	6	5	4	2	17	10	5.4
7 Weekly	1	2	3	3	1	8	5	2.7
8 Daily or almost daily	0	0	2	2	0	0	3	1.6
Valid responses =	51	28	118	64	12	7	184	1.1

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	138	97	171	94	41	89	354	94.1
5 Once or twice	4	3	8	4	4	9	16	4.3
6 Monthly	1	1	1	1	0	0	2	0.5
7 Weekly	0	0	2	1	1	2	3	0.8
8 Daily or almost daily	0	0	0	0	0	0	1	0.3
Valid responses =	143	38	182	48	46	12	376	2.3

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	4	57	0	0	1	33	5	33.3
5 Once or twice	1	14	0	0	0	0	1	6.7
6 Monthly	2	29	2	50	0	0	4	26.7
7 Weekly	0	0	2	50	2	67	4	26.7
8 Daily or almost daily	0	0	0	0	0	0	1	6.7
Valid responses =	7	47	4	27	3	20	15	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	19	79	32	87	6	75	57	81.4
5 Once or twice	1	4	3	8	1	13	5	7.1
6 Monthly	2	8	0	0	1	13	3	4.3
7 Weekly	2	8	2	5	0	0	4	5.7
8 Daily or almost daily	0	0	0	0	0	0	1	1.4
Valid responses =	24	34	37	53	8	11	70	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)

## UNDERGRADUATE STUDENTS

January 29, 2026

FREQUENCY REPORT

Number of Surveys (n) = 16410 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	29	88	25	78	10	91	66	83.5
5 Once or twice	1	3	3	9	1	9	5	6.3
6 Monthly	1	3	0	0	0	0	1	1.3
7 Weekly	1	3	3	9	0	0	4	5.1
8 Daily or almost daily	1	3	1	3	0	0	3	3.8
Valid responses =	33	42	32	41	11	14	79	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	988	77	2258	77	230	72	3510	76.8
3 Yes, not in the past 3 months	143	11	316	11	44	14	506	11.1
6 Yes, in the past 3 months	161	13	347	12	46	14	557	12.2
Valid responses =	1292	28	2921	64	320	7	4573	27.9

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	2249	87	5480	90	643	87	8436	89.0
3 Yes, not in the past 3 months	187	7	356	6	63	9	611	6.4
6 Yes, in the past 3 months	147	6	247	4	33	5	431	4.5
Valid responses =	2583	27	6083	64	739	8	9478	57.8

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	1154	83	3038	87	444	82	4672	85.3
3 Yes, not in the past 3 months	134	10	289	8	53	10	480	8.8
6 Yes, in the past 3 months	109	8	175	5	42	8	327	6.0
Valid responses =	1397	25	3502	64	539	10	5479	33.4

Invalid responses include no response.

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

**(only includes students who have ever used this substance)**

Cocaine (coke, crack, etc.)

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
0 No, Never	130	81	271	79	20	63	424	78.2
3 Yes, not in the past 3 months	21	13	60	17	9	28	92	17.0
6 Yes, in the past 3 months	10	6	13	4	3	9	26	4.8
Valid responses =	161	30	344	63	32	6	542	3.3

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	241	87	416	87	46	79	710	86.7
3 Yes, not in the past 3 months	24	9	45	9	5	9	74	9.0
6 Yes, in the past 3 months	11	4	17	4	7	12	35	4.3
Valid responses =	276	34	478	58	58	7	819	5.0

Invalid responses include no response.



# AMERICAN COLLEGE HEALTH ASSOCIATION

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UNDERGRADUATE STUDENTS

January 29, 2026

FREQUENCY REPORT

Number of Surveys (n) = 16410 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	33	61	60	55	5	50	100	56.8
3 Yes, not in the past 3 months	18	33	47	43	3	30	68	38.6
6 Yes, in the past 3 months	3	6	3	3	2	20	8	4.5
Valid responses =	54	31	110	63	10	6	176	1.1

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	136	88	259	88	56	90	458	88.6
3 Yes, not in the past 3 months	15	10	27	9	4	7	46	8.9
6 Yes, in the past 3 months	4	3	7	2	2	3	13	2.5
Valid responses =	155	30	293	57	62	12	517	3.2

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	123	82	243	77	35	70	405	77.3
3 Yes, not in the past 3 months	21	14	63	20	10	20	96	18.3
6 Yes, in the past 3 months	7	5	11	4	5	10	23	4.4
Valid responses =	151	29	317	60	50	10	524	3.2

Invalid responses include no response.

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

(only includes students who have ever used this substance)

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

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
0 No, Never	343	88	572	92	108	88	1034	90.3
3 Yes, not in the past 3 months	40	10	43	7	10	8	94	8.2
6 Yes, in the past 3 months	7	2	5	1	5	4	17	1.5
Valid responses =	390	34	620	54	123	11	1145	7.0

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	15	56	21	41	1	17	38	44.7
3 Yes, not in the past 3 months	10	37	29	57	2	33	41	48.2
6 Yes, in the past 3 months	2	7	1	2	3	50	6	7.1
Valid responses =	27	32	51	60	6	7	85	0.5

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	95	75	173	74	26	63	297	73.0
3 Yes, not in the past 3 months	28	22	56	24	12	29	97	23.8
6 Yes, in the past 3 months	4	3	6	3	3	7	13	3.2
Valid responses =	127	31	235	58	41	10	407	2.5

Invalid responses include no response.



# AMERICAN COLLEGE HEALTH ASSOCIATION

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## UNDERGRADUATE STUDENTS

January 29, 2026

FREQUENCY REPORT

Number of Surveys (n) = 16410 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

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
0 No, Never	46	84	47	76	14	74	110	79.1
3 Yes, not in the past 3 months	4	7	10	16	4	21	18	12.9
6 Yes, in the past 3 months	5	9	5	8	1	5	11	7.9
Valid responses =	55	40	62	45	19	14	139	0.8

Invalid responses include no response.

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

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

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
0 No, Never	944	73	1986	68	215	67	3172	69.4
3 Yes, not in the past 3 months	149	12	412	14	47	15	613	13.4
6 Yes, in the past 3 months	198	15	520	18	57	18	783	17.1
Valid responses =	1291	28	2918	64	319	7	4568	27.8

Invalid responses include no response.

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

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

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
0 No, Never	2348	91	5574	92	674	92	8660	91.5
3 Yes, not in the past 3 months	104	4	251	4	36	5	398	4.2
6 Yes, in the past 3 months	126	5	254	4	26	4	409	4.3
Valid responses =	2578	27	6079	64	736	8	9467	57.7

Invalid responses include no response.

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

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

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
0 No, Never	1140	82	2992	86	443	82	4608	84.2
3 Yes, not in the past 3 months	125	9	247	7	44	8	420	7.7
6 Yes, in the past 3 months	127	9	260	7	53	10	444	8.1
Valid responses =	1392	25	3499	64	540	10	5472	33.3

Invalid responses include no response.

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

Cocaine (coke, crack, etc.)

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
0 No, Never	136	85	281	82	22	69	443	81.7
3 Yes, not in the past 3 months	19	12	56	16	8	25	84	15.5
6 Yes, in the past 3 months	6	4	7	2	2	6	15	2.8
Valid responses =	161	30	344	63	32	6	542	3.3

Invalid responses include no response.

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

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

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
0 No, Never	251	91	426	89	46	79	729	89.1
3 Yes, not in the past 3 months	19	7	38	8	5	9	63	7.7
6 Yes, in the past 3 months	6	2	13	3	7	12	26	3.2
Valid responses =	276	34	477	58	58	7	818	5.0

Invalid responses include no response.

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

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

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
0 No, Never	38	70	65	59	5	50	110	62.5
3 Yes, not in the past 3 months	14	26	44	40	2	20	60	34.1
6 Yes, in the past 3 months	2	4	1	1	3	30	6	3.4
Valid responses =	54	31	110	63	10	6	176	1.1

Invalid responses include no response.



# AMERICAN COLLEGE HEALTH ASSOCIATION

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UNDERGRADUATE STUDENTS

January 29, 2026

FREQUENCY REPORT

Number of Surveys (n) = 16410 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	141	90	267	91	55	90	470	90.9
3 Yes, not in the past 3 months	12	8	18	6	4	7	34	6.6
6 Yes, in the past 3 months	3	2	8	3	2	3	13	2.5
Valid responses =	156	30	293	57	61	12	517	3.2

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	128	84	264	83	39	77	435	82.7
3 Yes, not in the past 3 months	21	14	45	14	5	10	73	13.9
6 Yes, in the past 3 months	3	2	8	3	7	14	18	3.4
Valid responses =	152	29	317	60	51	10	526	3.2

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	368	94	583	94	115	93	1078	93.7
3 Yes, not in the past 3 months	20	5	33	5	4	3	57	5.0
6 Yes, in the past 3 months	5	1	6	1	5	4	16	1.4
Valid responses =	393	34	622	54	124	11	1151	7.0

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	14	50	22	44	2	33	39	45.9
3 Yes, not in the past 3 months	11	39	26	52	2	33	39	45.9
6 Yes, in the past 3 months	3	11	2	4	2	33	7	8.2
Valid responses =	28	33	50	59	6	7	85	0.5

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	102	80	184	78	29	73	319	78.4
3 Yes, not in the past 3 months	21	17	48	20	8	20	77	18.9
6 Yes, in the past 3 months	4	3	4	2	3	8	11	2.7
Valid responses =	127	31	236	58	40	10	407	2.5

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	46	84	50	81	16	84	115	82.7
3 Yes, not in the past 3 months	5	9	9	15	1	5	15	10.8
6 Yes, in the past 3 months	4	7	3	5	2	11	9	6.5
Valid responses =	55	40	62	45	19	14	139	0.8

Invalid responses include no response.



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FREQUENCY REPORT

Number of Surveys (n) = 16410 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	2728	99	6338	99	790	99	9935	99.1
1 Yes, not in the past 3 months	16	1	45	1	4	1	66	0.7
2 Yes, in the past 3 months	14	1	9	0	5	1	29	0.3
Valid responses =	2758	27	6392	64	799	8	10030	61.1

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	11	79	6	86	2	50	19	73.1
1 More than once per week	3	21	1	14	2	50	7	26.9
Valid responses =	14	54	7	27	4	15	26	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	434	45	1040	49	81	39	1570	47.5
2 Yes	527	55	1066	51	127	61	1734	52.5
Valid responses =	961	29	2106	64	208	6	3304	20.1

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	402	42	458	22	56	27	925	28.1
2 Yes	549	58	1651	78	150	73	2370	71.9
Valid responses =	951	29	2109	64	206	6	3295	20.1

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	867	91	2000	95	198	96	3093	94.3
2 Yes	82	9	96	5	9	4	188	5.7
Valid responses =	949	29	2096	64	207	6	3281	20.0

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	863	91	2063	98	201	98	3154	95.8
2 Yes	89	9	43	2	4	2	138	4.2
Valid responses =	952	29	2106	64	205	6	3292	20.1

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	649	68	1963	93	177	86	2812	85.5
2 Yes	304	32	138	7	29	14	477	14.5
Valid responses =	953	29	2101	64	206	6	3289	20.0

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	842	91	2018	97	182	89	3069	94.7
2 Yes	88	10	60	3	22	11	172	5.3
Valid responses =	930	29	2078	64	204	6	3241	19.8

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)

### UNDERGRADUATE STUDENTS

January 29, 2026

### FREQUENCY REPORT

Number of Surveys (n) = 16410 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	915	99	2062	99	204	100	3209	99.0			
2 Yes	11	1	19	1	1	1	32	1.0			
Valid responses =	926	29	2081	64	205	6	3241	19.8			
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	517	55	1627	78	173	85	2337	71.9			
2 Yes	419	45	455	22	31	15	914	28.1			
Valid responses =	936	29	2082	64	204	6	3251	19.8			
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	890	96	2002	96	195	95	3114	95.9			
2 Yes	41	4	79	4	10	5	132	4.1			
Valid responses =	931	29	2081	64	205	6	3246	19.8			
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	913	98	2029	98	197	98	3165	97.9			
2 Yes	18	2	43	2	5	3	68	2.1			
Valid responses =	931	29	2072	64	202	6	3233	19.7			
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	658	99	1435	100	131	99	2242	99.4			
2 Yes	6	1	6	0	2	2	14	0.6			
Valid responses =	664	29	1441	64	133	6	2256	13.7			
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	3094	65	6114	60	668	53	9987	61.1			
2 Within the last 2 weeks	610	13	1479	15	266	21	2380	14.6			
3 More than 2 weeks but within 30 days	149	3	352	4	53	4	560	3.4			
4 More than 30 days but within 3 months	172	4	479	5	81	6	735	4.5			
5 More than 3 months but within 12 months	239	5	610	6	90	7	942	5.8			
6 More than 12 months ago	475	10	1149	11	107	9	1743	10.7			
Valid responses =	4739	29	10183	62	1265	8	16347	99.6			
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	1789	38	3192	31	408	32	5458	33.4			
2 Within the last 2 weeks	1711	36	3970	39	384	30	6112	37.4			
3 More than 2 weeks but within 30 days	310	7	937	9	122	10	1381	8.5			
4 More than 30 days but within 3 months	342	7	798	8	148	12	1297	7.9			
5 More than 3 months but within 12 months	313	7	708	7	121	10	1158	7.1			
6 More than 12 months ago	271	6	577	6	81	6	935	5.7			
Valid responses =	4736	29	10182	62	1264	8	16341	99.6			
Invalid responses include no response.											



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## UNDERGRADUATE STUDENTS

January 29, 2026

FREQUENCY REPORT

Number of Surveys (n) = 16410 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	1326	56	3190	56	389	60	4947	56.3
2 Yes	1037	44	2512	44	264	40	3839	43.7
Valid responses =	2363	27	5702	65	653	7	8786	53.5

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	1295	55	3077	54	349	53	4762	54.3
2 Yes	1063	45	2621	46	304	47	4015	45.7
Valid responses =	2358	27	5698	65	653	7	8777	53.5

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	76	3	113	2	22	3	215	2.5
1 1 to 2 Drinks	880	38	2651	47	337	53	3898	44.9
2 3 to 4 Drinks	498	21	1615	29	180	28	2312	26.6
3 5 to 6 Drinks	383	16	831	15	68	11	1289	14.8
4 7 to 8 Drinks	216	9	271	5	18	3	509	5.9
5 9 to 10 Drinks	130	6	94	2	12	2	236	2.7
6 11 or More Drinks	158	7	56	1	5	1	222	2.6
Total	2341	27	5631	65	642	7	8681	52.9

Invalid responses include no response.

	Mean	Median	Std Dev	Min	Max
Cis Men	4.46	3.00	4.23	0	60
Cis Women	3.13	3.00	2.39	0	40
Trans/Gender Non-conforming	2.74	2.00	2.36	0	25
Overall	3.47	3.00	3.09	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	99	4	169	3	39	6	312	3.6
1 1 to 2 Hours	909	39	2194	39	274	42	3401	39.2
2 3 to 4 Hours	804	34	2024	36	217	34	3069	35.3
3 5 to 6 Hours	398	17	1011	18	97	15	1517	17.5
4 7 to 8 Hours	85	4	169	3	16	3	271	3.1
5 9 to 10 Hours	23	1	36	1	1	0	60	0.7
6 11 or More Hours	22	1	33	1	2	0	57	0.7
Total	2340	27	5636	65	646	7	8687	52.9

Invalid responses include no response.

	Mean	Median	Std Dev	Min	Max
Cis Men	3.22	3.00	2.51	0	50
Cis Women	3.16	3.00	2.07	0	37
Trans/Gender Non-conforming	2.83	3.00	1.95	0	16
Overall	3.15	3.00	2.19	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	713	42	1838	46	213	56	2787	45.7
2 1 time	405	24	985	25	105	27	1509	24.8
3 2 times	283	17	570	14	36	9	895	14.7
4 3 times	124	7	238	6	9	2	371	6.1
5 4 times	85	5	198	5	13	3	297	4.9
6 5 times	43	3	69	2	4	1	116	1.9
7 6 times	27	2	29	1	0	0	57	0.9
8 7 times	9	1	6	0	0	0	15	0.2
9 8 times	3	0	7	0	1	0	11	0.2
10 9 times	3	0	5	0	0	0	8	0.1
11 10 or more times	11	1	13	0	3	1	29	0.5
Total	1706	28	3958	65	384	6	6095	37.1

Invalid responses include no response.



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UNDERGRADUATE STUDENTS

January 29, 2026

FREQUENCY REPORT

Number of Surveys (n) = 16410 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	2239	84	5142	80	671	87	8123	81.9
2 Yes	429	16	1254	20	102	13	1798	18.1
Valid responses =	2668	27	6396	64	773	8	9921	60.5

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	2389	90	5709	89	722	93	8897	89.7
2 Yes	278	10	682	11	51	7	1018	10.3
Valid responses =	2667	27	6391	64	773	8	9915	60.4

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	2199	82	4953	78	643	83	7866	79.3
2 Yes	470	18	1437	23	131	17	2050	20.7
Valid responses =	2669	27	6390	64	774	8	9916	60.4

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	2649	99	6356	99	767	99	9855	99.3
2 Yes	22	1	41	1	7	1	71	0.7
Valid responses =	2671	27	6397	64	774	8	9926	60.5

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	2643	99	6341	99	766	99	9831	99.1
2 Yes	27	1	49	1	7	1	86	0.9
Valid responses =	2670	27	6390	64	773	8	9917	60.4

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	2656	99	6300	99	759	98	9797	98.7
2 Yes	15	1	97	2	14	2	128	1.3
Valid responses =	2671	27	6397	64	773	8	9925	60.5

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	2667	100	6393	100	772	100	9913	99.9
2 Yes	6	0	4	0	2	0	14	0.1
Valid responses =	2673	27	6397	64	774	8	9927	60.5

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	2375	89	5628	88	712	92	8789	88.6
2 Yes	298	11	768	12	60	8	1136	11.4
Valid responses =	2673	27	6396	64	772	8	9925	60.5

Invalid responses include no response.



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## UNDERGRADUATE STUDENTS

January 29, 2026

FREQUENCY REPORT

Number of Surveys (n) = 16410 Web Surveys

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	2518	94	5923	93	721	93	9240	93.1
2 Yes	155	6	468	7	52	7	681	6.9
Valid responses =	2673	27	6391	64	773	8	9921	60.5

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	2660	100	6377	100	766	99	9886	99.6
2 Yes	10	0	20	0	8	1	39	0.4
Valid responses =	2670	27	6397	64	774	8	9925	60.5

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	2594	97	6220	97	715	92	9609	96.8
2 Yes	76	3	176	3	59	8	315	3.2
Valid responses =	2670	27	6396	64	774	8	9924	60.5

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	2640	99	6303	99	763	99	9788	98.7
2 Yes	29	1	83	1	10	1	124	1.3
Valid responses =	2669	27	6386	64	773	8	9912	60.4

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	1437	87	3624	93	333	92	5438	91.0
2 Yes	212	13	292	8	31	9	537	9.0
Valid responses =	1649	28	3916	66	364	6	5975	36.4

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)

(only includes students who drank alcohol within the last 12 months AND drove a car within the last 12 months)

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Alcohol use did not affect academic performance	2585	97	6236	98	744	96	9647	97.3
2 Alcohol use negatively impacted performance in class	79	3	111	2	23	3	214	2.2
3 Alcohol use delayed progress towards degree	8	0	41	1	6	1	56	0.6
Valid responses =	2672	27	6388	64	773	8	9917	60.4

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	393	68	1085	77	160	72	1654	74.0
2 Yes	187	32	325	23	61	28	581	26.0
Valid responses =	580	26	1410	63	221	10	2235	13.6

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	981	90	2602	94	396	89	4011	92.7
2 Marijuana use negatively impacted performance in class	89	8	130	5	38	9	259	6.0
3 Marijuana use delayed progress towards degree	17	2	25	1	13	3	56	1.3
Valid responses =	1087	25	2757	64	447	10	4326	26.4

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)

UNDERGRADUATE STUDENTS

January 29, 2026

FREQUENCY REPORT

Number of Surveys (n) = 16410 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	2857	97	6761	97	815	95	10519	96.7
2 Yes	95	3	224	3	40	5	362	3.3
Valid responses =	2952	27	6985	64	855	8	10881	66.3

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	2304	49	4578	45	612	49	7572	46.7
2 Within the last 2 weeks	1057	22	2559	25	243	19	3895	24.0
3 More than 2 weeks but within 30 days	271	6	704	7	85	7	1067	6.6
4 More than 30 days but within 3 months	346	7	738	7	97	8	1188	7.3
5 More than 3 months but within 12 months	339	7	802	8	99	8	1251	7.7
6 More than 12 months ago	402	9	708	7	123	10	1242	7.7
Valid responses =	4719	29	10089	62	1259	8	16215	98.8

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	2552	54	4787	47	774	62	8205	50.6
2 Within the last 2 weeks	1066	23	2990	30	202	16	4288	26.5
3 More than 2 weeks but within 30 days	198	4	577	6	50	4	832	5.1
4 More than 30 days but within 3 months	282	6	540	5	57	5	884	5.5
5 More than 3 months but within 12 months	264	6	618	6	76	6	965	6.0
6 More than 12 months ago	350	7	581	6	99	8	1035	6.4
Valid responses =	4712	29	10093	62	1258	8	16209	98.8

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	4045	86	8799	87	1057	84	14030	86.7
2 Within the last 2 weeks	105	2	100	1	23	2	234	1.4
3 More than 2 weeks but within 30 days	54	1	58	1	20	2	132	0.8
4 More than 30 days but within 3 months	71	2	170	2	26	2	269	1.7
5 More than 3 months but within 12 months	132	3	249	3	45	4	427	2.6
6 More than 12 months ago	294	6	698	7	85	7	1085	6.7
Valid responses =	4701	29	10074	62	1256	8	16177	98.6

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	10	1	19	0	1	0	31	0.4
1 1 Partner	1585	74	3993	76	414	76	6040	75.2
2 2 Partners	249	12	634	12	59	11	952	11.9
3 3 Partners	114	5	299	6	35	6	450	5.6
4 4 Partners	59	3	119	2	11	2	189	2.4
5 5 Partners	47	2	96	2	9	2	154	1.9
6 6 Partners	18	1	35	1	6	1	59	0.7
7 7 Partners	18	1	31	1	3	1	52	0.6
8 8 to 10 Partners	18	1	36	1	2	0	56	0.7
9 11 or More Partners	27	1	14	0	7	1	49	0.6
Valid responses =	2145	27	5276	66	547	7	8032	48.9

Invalid responses include no response.

	Mean	Median	Std Dev	Min	Max
Cis Men	1.85	1.00	3.58	0	80
Cis Women	1.53	1.00	1.4	0	20
Trans/Gender Non-conforming	1.74	1.00	2.75	0	37
Overall	1.63	1.00	2.29	0	80



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## UNDERGRADUATE STUDENTS

January 29, 2026

FREQUENCY REPORT

Number of Surveys (n) = 16410 Web Surveys

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.	Freq.	Pct.
1 No	173	8	4809	92	364	68	5381	67.7
2 Yes	1955	92	406	8	174	32	2562	32.3
Valid responses =	2128	27	5215	66	538	7	7943	48.4

Invalid responses include no response.

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

Men or males

	Trans/Gender						Total	
	Cis Men		Cis Women		Non-conforming			
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	1920	92	345	7	218	41	2512	31.7
2 Yes	173	8	4896	93	315	59	5417	68.3
Valid responses =	2093	26	5241	66	533	7	7929	48.3

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.	Freq.	Pct.
1 No	2073	99	5164	99	464	88	7761	98.5
2 Yes	16	1	34	1	63	12	115	1.5
Valid responses =	2089	27	5198	66	527	7	7876	48.0

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.	Freq.	Pct.
1 No	2066	99	5151	99	447	85	7724	98.2
2 Yes	24	1	35	1	81	15	142	1.8
Valid responses =	2090	27	5186	66	528	7	7866	47.9

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.	Freq.	Pct.
1 No	2041	98	5135	99	423	79	7659	97.2
2 Yes	49	2	61	1	110	21	222	2.8
Valid responses =	2090	27	5196	66	533	7	7881	48.0

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.	Freq.	Pct.
1 No	2064	99	5162	99	456	87	7742	98.4
2 Yes	22	1	31	1	69	13	124	1.6
Valid responses =	2086	27	5193	66	525	7	7866	47.9

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.	Freq.	Pct.
1 Never	1142	86	2883	89	289	88	4348	88.0
2 Rarely	51	4	117	4	13	4	182	3.7
3 Sometimes	37	3	94	3	14	4	148	3.0
4 Most of the time	28	2	58	2	5	2	93	1.9
5 Always	65	5	98	3	7	2	171	3.5
Valid responses =	1323	27	3250	66	328	7	4942	30.1

Invalid responses include no response.



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## UNDERGRADUATE STUDENTS

January 29, 2026

FREQUENCY REPORT

Number of Surveys (n) = 16410 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.
1 Never	469	37	1548	44	90	36	2128	41.8
2 Rarely	107	9	301	9	31	12	439	8.6
3 Sometimes	129	10	337	10	23	9	489	9.6
4 Most of the time	196	16	485	14	44	18	731	14.4
5 Always	358	28	877	25	64	25	1307	25.7
Valid responses =	1259	25	3548	70	252	5	5094	31.0

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.
1 Never	68	43	113	72	22	51	205	56.0
2 Rarely	19	12	8	5	2	5	29	7.9
3 Sometimes	11	7	6	4	5	12	24	6.6
4 Most of the time	22	14	8	5	2	5	32	8.7
5 Always	39	25	23	15	12	28	76	20.8
Valid responses =	159	43	158	43	43	12	366	2.2

Invalid responses include no response.

**37) Did you or your partner use any method to prevent pregnancy the last time you had vaginal intercourse (penis in vagina)?**

(only includes students that have had vaginal intercourse within the last 12 months)

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Yes	1398	77	3760	80	313	82	5507	79.2
2 No, not want prevent pregnancy	49	3	118	3	4	1	172	2.5
3 No, did not use any method	307	17	789	17	60	16	1164	16.7
4 Don't know	53	3	49	1	7	2	110	1.6
Valid responses =	1807	26	4716	68	384	6	6953	42.4

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.
0 Not selected	858	61	2364	63	227	73	3474	63.1
1 Selected	540	39	1396	37	86	28	2033	36.9
Valid responses =	1398	25	3760	68	313	6	5507	33.6

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.
0 Not selected	1373	98	3709	99	302	97	5420	98.4
1 Selected	25	2	51	1	11	4	87	1.6
Valid responses =	1398	25	3760	68	313	6	5507	33.6

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.
0 Not selected	1265	91	3442	92	273	87	5013	91.0
1 Selected	133	10	318	9	40	13	494	9.0
Valid responses =	1398	25	3760	68	313	6	5507	33.6

Invalid responses include no response.



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## UNDERGRADUATE STUDENTS

January 29, 2026

FREQUENCY REPORT

Number of Surveys (n) = 16410 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	1374	98	3706	99	309	99	5425	98.5
1 Selected	24	2	54	1	4	1	82	1.5
Valid responses =	1398	25	3760	68	313	6	5507	33.6

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	1382	99	3707	99	309	99	5433	98.7
1 Selected	16	1	53	1	4	1	74	1.3
Valid responses =	1398	25	3760	68	313	6	5507	33.6

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	1293	93	3469	92	292	93	5087	92.4
1 Selected	105	8	291	8	21	7	420	7.6
Valid responses =	1398	25	3760	68	313	6	5507	33.6

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	1216	87	3140	84	258	82	4644	84.3
1 Selected	182	13	620	17	55	18	863	15.7
Valid responses =	1398	25	3760	68	313	6	5507	33.6

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	625	45	1905	51	133	43	2680	48.7
1 Selected	773	55	1855	49	180	58	2827	51.3
Valid responses =	1398	25	3760	68	313	6	5507	33.6

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	1391	100	3748	100	310	99	5485	99.6
1 Selected	7	1	12	0	3	1	22	0.4
Valid responses =	1398	25	3760	68	313	6	5507	33.6

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	1396	100	3757	100	313	100	5502	99.9
1 Selected	2	0	3	0	0	0	5	0.1
Valid responses =	1398	25	3760	68	313	6	5507	33.6

Invalid responses include no response.



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FREQUENCY REPORT

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**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	1396	100	3760	100	313	100	5505	100.0
1 Selected	2	0	0	0	0	0	2	0.0
Valid responses =	1398	25	3760	68	313	6	5507	33.6

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	1160	83	2888	77	257	82	4336	78.7
1 Selected	238	17	872	23	56	18	1171	21.3
Valid responses =	1398	25	3760	68	313	6	5507	33.6

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	1336	96	3483	93	291	93	5144	93.4
1 Selected	62	4	277	7	22	7	363	6.6
Valid responses =	1398	25	3760	68	313	6	5507	33.6

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	1369	98	3609	96	294	94	5308	96.4
1 Selected	29	2	151	4	19	6	199	3.6
Valid responses =	1398	25	3760	68	313	6	5507	33.6

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	1368	98	3747	100	312	100	5462	99.2
1 Selected	30	2	13	0	1	0	45	0.8
Valid responses =	1398	25	3760	68	313	6	5507	33.6

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	1379	99	3717	99	307	98	5439	98.8
1 Selected	19	1	43	1	6	2	68	1.2
Valid responses =	1398	25	3760	68	313	6	5507	33.6

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	1380	77	3614	77	289	76	5318	76.6
2 Yes	338	19	1002	21	74	19	1419	20.4
3 Don't know	58	3	17	0	5	1	82	1.2
4 Not applicable	25	1	78	2	15	4	120	1.7
Valid responses =	1801	26	4711	68	383	6	6939	42.3

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)

### UNDERGRADUATE STUDENTS

January 29, 2026

### FREQUENCY REPORT

Number of Surveys (n) = 16410 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	1749	97	4581	97	364	95	6737	96.9
2 Yes, unintentionally	17	1	69	2	10	3	97	1.4
3 Yes, intentionally	23	1	52	1	4	1	80	1.2
4 Don't know	17	1	14	0	5	1	37	0.5
Valid responses =	1806	26	4716	68	383	6	6951	42.4

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	29	73	72	60	8	62	110	62.9
2 Pregnancy negatively impacted my performance in a class	10	25	28	23	4	31	43	24.6
3 Pregnancy delayed progress towards my degree	1	3	20	17	1	8	22	12.6
Valid responses =	40	23	120	69	13	7	175	1.1

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	125	3	106	1	42	3	281	1.7
2 Disagree	192	4	250	3	108	9	564	3.4
3 Slightly disagree	207	4	358	4	105	8	680	4.2
4 Neither agree nor disagree	438	9	871	9	190	15	1528	9.3
5 Slightly agree	869	18	1945	19	305	24	3152	19.3
6 Agree	1750	37	4157	41	354	28	6306	38.5
7 Strongly agree	1161	25	2505	25	160	13	3848	23.5
Valid responses =	4742	29	10192	62	1264	8	16359	99.7

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	84	2	98	1	17	1	209	1.3
2 Disagree	115	2	199	2	40	3	358	2.2
3 Slightly disagree	188	4	311	3	77	6	584	3.6
4 Neither agree nor disagree	365	8	623	6	93	7	1103	6.7
5 Slightly agree	886	19	1802	18	262	21	2983	18.3
6 Agree	1953	41	4337	43	511	41	6858	42.0
7 Strongly agree	1144	24	2816	28	263	21	4250	26.0
Valid responses =	4735	29	10186	62	1263	8	16345	99.6

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	95	2	129	1	33	3	262	1.6
2 Disagree	173	4	357	4	96	8	639	3.9
3 Slightly disagree	281	6	577	6	118	9	997	6.1
4 Neither agree nor disagree	365	8	823	8	139	11	1352	8.3
5 Slightly agree	1097	23	2440	24	368	29	3948	24.2
6 Agree	1793	38	3993	39	370	29	6197	37.9
7 Strongly agree	937	20	1859	18	141	11	2949	18.0
Valid responses =	4741	29	10178	62	1265	8	16344	99.6

Invalid responses include no response.



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## UNDERGRADUATE STUDENTS

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### FREQUENCY REPORT

Number of Surveys (n) = 16410 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.

	Cis Men			Cis Women			Trans/Gender Non-conforming			Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	
1 Strongly disagree	54	1	64	1	21	2	147	0.9	147	0.9	
2 Disagree	95	2	115	1	33	3	250	1.5	250	1.5	
3 Slightly disagree	125	3	174	2	53	4	359	2.2	359	2.2	
4 Neither agree nor disagree	458	10	720	7	120	10	1326	8.1	1326	8.1	
5 Slightly agree	991	21	1881	19	359	28	3258	19.9	3258	19.9	
6 Agree	1880	40	4520	44	460	36	6922	42.3	6922	42.3	
7 Strongly agree	1137	24	2709	27	219	17	4087	25.0	4087	25.0	
Valid responses =	4740	29	10183	62	1265	8	16349	99.6			

Invalid responses include no response.

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

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

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

	Cis Men			Cis Women			Trans/Gender Non-conforming			Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	
1 Strongly disagree	62	1	66	1	22	2	156	1.0	156	1.0	
2 Disagree	84	2	108	1	47	4	245	1.5	245	1.5	
3 Slightly disagree	136	3	258	3	86	7	492	3.0	492	3.0	
4 Neither agree nor disagree	229	5	566	6	87	7	901	5.5	901	5.5	
5 Slightly agree	751	16	1593	16	317	25	2696	16.5	2696	16.5	
6 Agree	2026	43	4711	46	464	37	7261	44.4	7261	44.4	
7 Strongly agree	1453	31	2885	28	238	19	4598	28.1	4598	28.1	
Valid responses =	4741	29	10187	62	1261	8	16349	99.6			

Invalid responses include no response.

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

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

I am a good person and live a good life.

	Cis Men			Cis Women			Trans/Gender Non-conforming			Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	
1 Strongly disagree	73	2	72	1	28	2	177	1.1	177	1.1	
2 Disagree	100	2	105	1	53	4	262	1.6	262	1.6	
3 Slightly disagree	151	3	247	2	94	7	502	3.1	502	3.1	
4 Neither agree nor disagree	498	11	755	7	207	16	1491	9.1	1491	9.1	
5 Slightly agree	807	17	1523	15	272	22	2631	16.1	2631	16.1	
6 Agree	1824	39	4435	44	416	33	6733	41.2	6733	41.2	
7 Strongly agree	1286	27	3050	30	195	15	4555	27.9	4555	27.9	
Valid responses =	4739	29	10187	62	1261	8	16351	99.6			

Invalid responses include no response.

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

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

I am optimistic about my future.

	Cis Men			Cis Women			Trans/Gender Non-conforming			Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	
1 Strongly disagree	157	3	184	2	97	8	449	2.7	449	2.7	
2 Disagree	159	3	260	3	103	8	539	3.3	539	3.3	
3 Slightly disagree	255	5	502	5	157	12	929	5.7	929	5.7	
4 Neither agree nor disagree	457	10	762	8	163	13	1409	8.6	1409	8.6	
5 Slightly agree	823	17	1797	18	278	22	2922	17.9	2922	17.9	
6 Agree	1522	32	3717	37	294	23	5579	34.1	5579	34.1	
7 Strongly agree	1369	29	2965	29	173	14	4526	27.7	4526	27.7	
Valid responses =	4742	29	10187	62	1265	8	16353	99.7			

Invalid responses include no response.



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UNDERGRADUATE STUDENTS

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FREQUENCY REPORT

Number of Surveys (n) = 16410 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.	Freq.	Pct.
1 Strongly disagree	84	2	90	1	33	3	214	1.3
2 Disagree	105	2	158	2	46	4	314	1.9
3 Slightly disagree	171	4	343	3	128	10	658	4.0
4 Neither agree nor disagree	670	14	1189	12	261	21	2153	13.2
5 Slightly agree	919	19	1960	19	304	24	3218	19.7
6 Agree	1890	40	4416	43	373	30	6730	41.2
7 Strongly agree	899	19	2029	20	120	10	3062	18.7
Valid responses =	4738	29	10185	62	1265	8	16349	99.6

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.	Freq.	Pct.
0 Not at all true	47	1	78	1	15	1	145	0.9
1 Rarely true	120	3	278	3	74	6	478	2.9
2 Sometimes true	872	18	2456	24	435	34	3820	23.4
3 Often true	2242	47	4929	48	520	41	7766	47.5
4 True nearly all the time	1461	31	2450	24	220	17	4148	25.4
Valid responses =	4742	29	10191	62	1264	8	16357	99.7

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.	Freq.	Pct.
0 Not at all true	58	1	101	1	30	2	192	1.2
1 Rarely true	131	3	396	4	92	7	624	3.8
2 Sometimes true	765	16	2338	23	370	29	3526	21.6
3 Often true	2013	43	4455	44	484	38	7024	43.1
4 True nearly all the time	1755	37	2862	28	286	23	4927	30.2
Valid responses =	4722	29	10152	62	1262	8	16293	99.3

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.	Freq.	Pct.
1 No	1791	38	1990	20	219	17	4047	24.8
2 Yes	2931	62	8168	80	1039	83	12247	75.2
Valid responses =	4722	29	10158	62	1258	8	16294	99.3

Invalid responses include no response.

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

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

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

	Trans/Gender						Total	
	Cis Men		Cis Women		Non-conforming			
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
0 None of the time	437	9	415	4	28	2	886	5.4
1 A little of the time	1438	30	1934	19	175	14	3579	21.9
2 Some of the time	1864	39	4024	40	411	33	6356	38.8
3 Most of the time	711	15	2581	25	436	35	3767	23.0
4 All of the time	298	6	1239	12	214	17	1781	10.9
Valid responses =	4748	29	10193	62	1264	8	16369	99.8

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.	Freq.	Pct.
0 None of the time	2007	42	3559	35	217	17	5820	35.6
1 A little of the time	1373	29	3081	30	375	30	4875	29.8
2 Some of the time	927	20	2492	25	424	34	3894	23.8
3 Most of the time	297	6	762	8	177	14	1252	7.7
4 All of the time	132	3	283	3	72	6	498	3.0
Valid responses =	4736	29	10177	62	1265	8	16339	99.6

Invalid responses include no response.



# AMERICAN COLLEGE HEALTH ASSOCIATION

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### UNDERGRADUATE STUDENTS

January 29, 2026

### FREQUENCY REPORT

Number of Surveys (n) = 16410 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	908	19	1350	13	64	5	2339	14.3
1 A little of the time	1256	27	2391	24	193	15	3877	23.7
2 Some of the time	1389	29	3236	32	357	28	5032	30.8
3 Most of the time	773	16	2139	21	381	30	3325	20.4
4 All of the time	404	9	1066	11	269	21	1763	10.8
Valid responses =	4730	29	10182	62	1264	8	16336	99.5

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	2634	56	4506	44	353	28	7545	46.2
1 A little of the time	1196	25	3061	30	410	33	4712	28.8
2 Some of the time	634	13	1872	18	338	27	2883	17.6
3 Most of the time	178	4	557	6	121	10	871	5.3
4 All of the time	93	2	191	2	41	3	334	2.0
Valid responses =	4735	29	10187	62	1263	8	16345	99.6

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	1395	29	2168	21	108	9	3695	22.6
1 A little of the time	1364	29	2822	28	248	20	4467	27.3
2 Some of the time	1166	25	2839	28	355	28	4407	27.0
3 Most of the time	532	11	1554	15	306	24	2423	14.8
4 All of the time	282	6	792	8	244	19	1343	8.2
Valid responses =	4739	29	10175	62	1261	8	16335	99.5

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	2828	60	5552	55	433	34	8876	54.3
1 A little of the time	943	20	2344	23	306	24	3631	22.2
2 Some of the time	602	13	1469	14	283	22	2385	14.6
3 Most of the time	223	5	537	5	144	11	920	5.6
4 All of the time	152	3	268	3	97	8	527	3.2
Valid responses =	4748	29	10170	62	1263	8	16339	99.6

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	1902	40	4122	41	339	27	6404	39.2
2 Some of the time	1868	39	4508	44	629	50	7085	43.3
3 Often	973	21	1557	15	297	24	2867	17.5
Valid responses =	4748	29	10170	62	1263	8	16356	99.7

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	2057	43	3574	35	317	25	5990	36.6
2 Some of the time	2008	42	4865	48	625	49	7576	46.3
3 Often	676	14	1746	17	323	26	2784	17.0
Valid responses =	4741	29	10185	62	1265	8	16350	99.6

Invalid responses include no response.



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Number of Surveys (n) = 16410 Web Surveys

#### 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	2041	43	4026	40	294	23	6395	39.2
2 Some of the time	1837	39	4233	42	565	45	6712	41.1
3 Often	861	18	1910	19	405	32	3224	19.7
Valid responses =	4739	29	10169	62	1264	8	16331	99.5

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	4381	93	8946	88	863	69	14316	87.7
2 Once or twice	261	6	953	9	282	22	1516	9.3
3 Monthly	57	1	179	2	71	6	315	1.9
4 Weekly	21	0	66	1	28	2	116	0.7
5 Daily or almost daily	10	0	36	0	15	1	64	0.4
Valid responses =	4730	29	10180	62	1259	8	16327	99.5

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	2705	57	5360	53	494	39	8626	52.8
2 Yes	2038	43	4822	47	769	61	7720	47.2
Valid responses =	4743	29	10182	62	1263	8	16346	99.6

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	3382	71	6995	69	767	61	11234	68.8
2 Yes	1353	29	3190	31	493	39	5101	31.2
Valid responses =	4735	29	10185	62	1260	8	16335	99.5

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	2998	63	5560	55	579	46	9215	56.4
2 Yes	1741	37	4620	45	683	54	7123	43.6
Valid responses =	4739	29	10180	62	1262	8	16338	99.6

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	1239	26	2461	24	177	14	3912	23.9
2 Yes	3499	74	7717	76	1087	86	12426	76.1
Valid responses =	4738	29	10178	62	1264	8	16338	99.6

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	4342	92	9216	91	1112	88	14799	90.8
2 Yes	384	8	950	9	147	12	1507	9.2
Valid responses =	4726	29	10166	62	1259	8	16306	99.4

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	3600	76	6502	64	611	49	10797	66.1
2 Yes	1134	24	3677	36	650	52	5534	33.9
Valid responses =	4734	29	10179	62	1261	8	16331	99.5

Invalid responses include no response.



# AMERICAN COLLEGE HEALTH ASSOCIATION

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

## UNDERGRADUATE STUDENTS

January 29, 2026

FREQUENCY REPORT

Number of Surveys (n) = 16410 Web Surveys

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

Intimate relationships

	Trans/Gender						Total	
	Cis Men		Cis Women		Non-conforming			
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	3346	71	6924	68	817	65	11190	68.5
2 Yes	1385	29	3254	32	445	35	5137	31.5
Valid responses =	4731	29	10178	62	1262	8	16327	99.5

Invalid responses include no response.

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

Roommate/housemate

	Trans/Gender						Total	
	Cis Men		Cis Women		Non-conforming			
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	4007	85	7720	76	963	76	12814	78.5
2 Yes	726	15	2452	24	300	24	3509	21.5
Valid responses =	4733	29	10172	62	1263	8	16323	99.5

Invalid responses include no response.

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

Peers

	Trans/Gender						Total	
	Cis Men		Cis Women		Non-conforming			
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	3947	83	7810	77	899	71	12759	78.2
2 Yes	787	17	2362	23	361	29	3564	21.8
Valid responses =	4734	29	10172	62	1260	8	16323	99.5

Invalid responses include no response.

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

Personal appearance

	Trans/Gender						Total	
	Cis Men		Cis Women		Non-conforming			
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	3096	66	4656	46	441	35	8265	50.7
2 Yes	1630	35	5514	54	818	65	8046	49.3
Valid responses =	4726	29	10170	62	1259	8	16311	99.4

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

	Trans/Gender						Total	
	Cis Men		Cis Women		Non-conforming			
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	3356	71	6393	63	720	57	10562	64.8
2 Yes	1371	29	3766	37	544	43	5742	35.2
Valid responses =	4727	29	10159	62	1264	8	16304	99.4

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

	Trans/Gender						Total	
	Cis Men		Cis Women		Non-conforming			
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	3846	81	7823	77	959	76	12748	78.1
2 Yes	885	19	2343	23	305	24	3569	21.9
Valid responses =	4731	29	10166	62	1264	8	16317	99.4

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)

	Trans/Gender						Total	
	Cis Men		Cis Women		Non-conforming			
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	4517	96	9426	93	1116	88	15195	93.2
2 Yes	207	4	736	7	147	12	1110	6.8
Valid responses =	4724	29	10162	62	1263	8	16305	99.4

Invalid responses include no response.



# AMERICAN COLLEGE HEALTH ASSOCIATION

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FREQUENCY REPORT

Number of Surveys (n) = 16410 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)

	Trans/Gender						Total	
	Cis Men		Cis Women		Non-conforming			
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	4628	98	9819	97	1197	95	15787	96.8
2 Yes	104	2	333	3	65	5	515	3.2
Valid responses =	4732	29	10152	62	1262	8	16302	99.3

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)

	Trans/Gender						Total	
	Cis Men		Cis Women		Non-conforming			
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	4679	99	10082	99	1255	99	16167	99.1
2 Yes	54	1	72	1	9	1	140	0.9
Valid responses =	4733	29	10154	62	1264	8	16307	99.4

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)

	Trans/Gender						Total	
	Cis Men		Cis Women		Non-conforming			
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	4239	90	8679	85	810	64	13839	84.9
2 Yes	494	10	1479	15	452	36	2468	15.1
Valid responses =	4733	29	10158	62	1262	8	16307	99.4

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)

	Trans/Gender						Total	
	Cis Men		Cis Women		Non-conforming			
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	4636	98	9163	90	1080	85	15014	92.0
2 Yes	103	2	996	10	184	15	1302	8.0
Valid responses =	4739	29	10159	62	1264	8	16316	99.4

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)

	Trans/Gender						Total	
	Cis Men		Cis Women		Non-conforming			
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	4431	94	9378	92	1013	80	14951	91.7
2 Yes	296	6	776	8	252	20	1349	8.3
Valid responses =	4727	29	10154	62	1265	8	16300	99.3

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

	Trans/Gender						Total	
	Cis Men		Cis Women		Non-conforming			
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No Distress	28	1	17	0	6	1	51	0.7
2 Minimal Distress	406	20	615	13	110	14	1143	14.8
3 Moderate Distress	961	47	2182	45	375	49	3559	46.2
4 High Distress	640	31	1998	42	278	36	2951	38.3
Valid responses =	2035	26	4812	62	769	10	7704	46.9

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

	Trans/Gender						Total	
	Cis Men		Cis Women		Non-conforming			
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No Distress	51	4	78	2	16	3	146	2.9
2 Minimal Distress	425	32	876	28	138	28	1456	28.6
3 Moderate Distress	553	41	1335	42	189	38	2102	41.3
4 High Distress	320	24	895	28	149	30	1384	27.2
Valid responses =	1349	27	3184	63	492	10	5088	31.0

Invalid responses include no response.



# AMERICAN COLLEGE HEALTH ASSOCIATION

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UNDERGRADUATE STUDENTS

January 29, 2026

FREQUENCY REPORT

Number of Surveys (n) = 16410 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	42	2	43	1	7	1	92	1.3
2 Minimal Distress	491	28	957	21	144	21	1807	22.6
3 Moderate Distress	749	43	1938	42	250	37	2967	41.8
4 High Distress	456	26	1665	36	281	41	2433	34.3
Valid responses =	1738	24	4603	65	682	10	7099	43.3

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	154	4	144	2	23	2	321	2.6
2 Minimal Distress	1286	37	2562	33	277	26	4159	33.6
3 Moderate Distress	1397	40	3137	41	447	41	5023	40.5
4 High Distress	656	19	1854	24	338	31	2892	23.3
Valid responses =	3493	28	7697	62	1085	9	12395	75.5

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	31	8	52	6	8	6	91	6.1
2 Minimal Distress	195	51	427	45	63	43	693	46.2
3 Moderate Distress	110	29	319	34	52	36	493	32.8
4 High Distress	48	13	149	16	23	16	224	14.9
Valid responses =	384	26	947	63	146	10	1501	9.1

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	65	6	68	2	12	2	147	2.7
2 Minimal Distress	441	39	1169	32	177	27	1810	32.8
3 Moderate Distress	390	35	1474	40	259	40	2148	38.9
4 High Distress	233	21	955	26	201	31	1410	25.6
Valid responses =	1129	20	3666	66	649	12	5515	33.6

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	67	5	125	4	18	4	211	4.1
2 Minimal Distress	478	35	1115	34	128	29	1741	34.0
3 Moderate Distress	482	35	1168	36	171	38	1835	35.8
4 High Distress	356	26	839	26	128	29	1337	26.1
Valid responses =	1383	27	3247	63	445	9	5124	31.2

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	48	7	101	4	18	6	168	4.8
2 Minimal Distress	370	51	997	41	115	38	1494	42.7
3 Moderate Distress	210	29	839	34	89	30	1147	32.8
4 High Distress	97	13	511	21	78	26	692	19.8
Valid responses =	725	21	2448	70	300	9	3501	21.3

Invalid responses include no response.



# AMERICAN COLLEGE HEALTH ASSOCIATION

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## UNDERGRADUATE STUDENTS

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FREQUENCY REPORT

Number of Surveys (n) = 16410 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	96	12	133	6	18	5	248	7.0
2 Minimal Distress	427	55	1184	50	184	51	1817	51.2
3 Moderate Distress	192	25	771	33	108	30	1086	30.6
4 High Distress	65	8	270	12	51	14	399	11.2
Valid responses =	780	22	2358	66	361	10	3550	21.6

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	81	5	127	2	20	3	229	2.9
2 Minimal Distress	776	48	2038	37	304	37	3150	39.2
3 Moderate Distress	519	32	2119	39	292	36	2962	36.9
4 High Distress	252	16	1216	22	200	25	1685	21.0
Valid responses =	1628	20	5500	69	816	10	8026	48.9

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	105	8	150	4	18	3	275	4.8
2 Minimal Distress	505	37	1236	33	183	34	1939	33.9
3 Moderate Distress	471	35	1467	39	193	36	2154	37.6
4 High Distress	284	21	904	24	150	28	1358	23.7
Valid responses =	1365	24	3757	66	544	10	5726	34.9

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	51	6	66	3	15	5	136	3.8
2 Minimal Distress	265	30	511	22	72	24	856	24.1
3 Moderate Distress	301	34	803	34	104	34	1217	34.2
4 High Distress	266	30	955	41	114	37	1350	37.9
Valid responses =	883	25	2335	66	305	9	3559	21.7

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	38	18	68	9	22	15	130	11.8
2 Minimal Distress	73	35	283	39	52	35	416	37.6
3 Moderate Distress	62	30	216	30	45	31	327	29.6
4 High Distress	33	16	166	23	28	19	233	21.1
Valid responses =	206	19	733	66	147	13	1106	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	25	25	43	13	11	17	81	15.8
2 Minimal Distress	38	37	122	37	27	42	191	37.2
3 Moderate Distress	26	26	98	29	16	25	143	27.9
4 High Distress	13	13	70	21	11	17	98	19.1
Valid responses =	102	20	333	65	65	13	513	3.1

Invalid responses include no response.



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Number of Surveys (n) = 16410 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	20	38	21	29	4	44	46	33.3
2 Minimal Distress	14	26	24	33	3	33	41	29.7
3 Moderate Distress	14	26	18	25	1	11	34	24.6
4 High Distress	5	9	9	13	1	11	17	12.3
Valid responses =	53	38	72	52	9	7	138	0.8

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	113	23	211	14	64	14	393	16.0
2 Minimal Distress	269	55	778	53	246	54	1315	53.4
3 Moderate Distress	82	17	341	23	106	24	541	22.0
4 High Distress	25	5	149	10	36	8	214	8.7
Valid responses =	489	20	1479	60	452	18	2463	15.0

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	26	26	88	9	8	4	124	9.5
2 Minimal Distress	35	34	394	40	57	31	490	37.7
3 Moderate Distress	21	21	298	30	62	34	386	29.7
4 High Distress	20	20	215	22	56	31	299	23.0
Valid responses =	102	8	995	77	183	14	1299	7.9

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	57	19	77	10	14	6	150	11.1
2 Minimal Distress	127	43	348	45	104	41	587	43.6
3 Moderate Distress	76	26	227	29	90	36	403	29.9
4 High Distress	34	12	123	16	44	18	206	15.3
Valid responses =	294	22	775	58	252	19	1346	8.2

Invalid responses include no response.

47C2) Within the last 12 months, to what extent did the following issue(s) negatively affect your academic performance?

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

Career

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Did not affect academic performance	922	68	2048	64	299	61	3307	65.1
2 Negatively impacted performance in a class	334	25	812	26	145	30	1308	25.7
3 Delayed progress towards degree	93	7	318	10	47	10	465	9.2
Valid responses =	1349	27	3178	63	491	10	5080	31.0

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)

UNDERGRADUATE STUDENTS

January 29, 2026

FREQUENCY REPORT

Number of Surveys (n) = 16410 Web Surveys

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	1177	68	3018	66	429	63	4662	65.7
2 Negatively impacted performance in a class	401	23	1085	24	175	26	1684	23.7
3 Delayed progress towards degree	159	9	502	11	76	11	751	10.6
Valid responses =	1737	24	4605	65	680	10	7097	43.2

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	1200	34	2823	37	314	29	4369	35.3
2 Negatively impacted performance in a class	1978	57	4144	54	646	60	6840	55.2
3 Delayed progress towards degree	311	9	729	10	126	12	1181	9.5
Valid responses =	3489	28	7696	62	1086	9	12390	75.5

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	170	44	409	43	65	44	649	43.3
2 Negatively impacted performance in a class	177	46	425	45	71	48	688	45.9
3 Delayed progress towards degree	37	10	111	12	11	8	163	10.9
Valid responses =	384	26	945	63	147	10	1500	9.1

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	802	71	2446	67	459	71	3752	68.1
2 Negatively impacted performance in a class	262	23	990	27	150	23	1422	25.8
3 Delayed progress towards degree	64	6	227	6	37	6	334	6.1
Valid responses =	1128	20	3663	67	646	12	5508	33.6

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	945	68	2235	69	303	68	3511	68.6
2 Negatively impacted performance in a class	377	27	871	27	122	27	1386	27.1
3 Delayed progress towards degree	59	4	137	4	20	5	222	4.3
Valid responses =	1381	27	3243	63	445	9	5119	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	562	78	1918	78	222	74	2722	77.9
2 Negatively impacted performance in a class	145	20	466	19	66	22	682	19.5
3 Delayed progress towards degree	14	2	62	3	12	4	92	2.6
Valid responses =	721	21	2446	70	300	9	3496	21.3

Invalid responses include no response.



# AMERICAN COLLEGE HEALTH ASSOCIATION

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## UNDERGRADUATE STUDENTS

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FREQUENCY REPORT

Number of Surveys (n) = 16410 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	624	80	1897	81	266	74	2822	79.6
2 Negatively impacted performance in a class	140	18	397	17	86	24	635	17.9
3 Delayed progress towards degree	17	2	58	3	9	3	88	2.5
Valid responses =	781	22	2352	66	361	10	3545	21.6

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	1451	89	4838	88	709	87	7067	88.2
2 Negatively impacted performance in a class	148	9	554	10	94	12	806	10.1
3 Delayed progress towards degree	27	2	103	2	11	1	144	1.8
Valid responses =	1626	20	5495	69	814	10	8017	48.9

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	1042	77	2702	72	382	70	4167	72.8
2 Negatively impacted performance in a class	271	20	900	24	151	28	1332	23.3
3 Delayed progress towards degree	48	4	154	4	10	2	221	3.9
Valid responses =	1361	24	3756	66	543	9	5720	34.9

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	573	65	1314	56	154	51	2062	57.9
2 Negatively impacted performance in a class	243	28	832	36	137	45	1224	34.4
3 Delayed progress towards degree	68	8	191	8	12	4	274	7.7
Valid responses =	884	25	2337	66	303	9	3560	21.7

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	146	71	510	70	98	67	765	69.2
2 Negatively impacted performance in a class	48	23	173	24	40	27	267	24.2
3 Delayed progress towards degree	11	5	50	7	9	6	73	6.6
Valid responses =	205	19	733	66	147	13	1105	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	79	78	228	69	51	79	367	71.7
2 Negatively impacted performance in a class	18	18	77	23	11	17	108	21.1
3 Delayed progress towards degree	5	5	27	8	3	5	37	7.2
Valid responses =	102	20	332	65	65	13	512	3.1

Invalid responses include no response.



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Number of Surveys (n) = 16410 Web Surveys

**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

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Did not affect academic performance	35	66	43	61	6	67	84	61.8
2 Negatively impacted performance in a class	15	28	23	33	3	33	41	30.1
3 Delayed progress towards degree	3	6	4	6	0	0	11	8.1
Valid responses =	53	39	70	51	9	7	136	0.8

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

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Did not affect academic performance	438	89	1255	85	395	88	2122	86.3
2 Negatively impacted performance in a class	50	10	189	13	46	10	290	11.8
3 Delayed progress towards degree	4	1	31	2	9	2	48	2.0
Valid responses =	492	20	1475	60	450	18	2460	15.0

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

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Did not affect academic performance	81	80	794	80	147	80	1033	79.6
2 Negatively impacted performance in a class	14	14	168	17	32	17	219	16.9
3 Delayed progress towards degree	6	6	31	3	5	3	45	3.5
Valid responses =	101	8	993	77	184	14	1297	7.9

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

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Did not affect academic performance	233	79	594	77	202	80	1045	77.8
2 Negatively impacted performance in a class	48	16	144	19	39	16	236	17.6
3 Delayed progress towards degree	13	4	35	5	11	4	63	4.7
Valid responses =	294	22	773	58	252	19	1344	8.2

Invalid responses include no response.

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

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No stress	194	4	115	1	13	1	326	2.0
2 Low	1595	34	1818	18	183	15	3626	22.2
3 Moderate	2092	44	5296	52	620	49	8083	49.5
4 High	852	18	2941	29	448	35	4292	26.3
Valid responses =	4733	29	10170	62	1264	8	16327	99.5

Invalid responses include no response.

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

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Never	2760	58	5546	55	219	17	8577	52.6
2 Just a brief passing thought	1109	23	2265	22	294	23	3705	22.7
3 Planned at least once, but did not try do it	401	9	1045	10	301	24	1775	10.9
4 Planned at least once, wanted to die	252	5	554	5	191	15	1008	6.2
5 Attempted, but did not want to die	88	2	314	3	94	8	500	3.1
6 Attempted, really hoped to die	130	3	443	4	160	13	750	4.6
Valid responses =	4740	29	10167	62	1259	8	16315	99.4

Invalid responses include no response.

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

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Never	3489	74	7102	70	477	38	11148	68.4
2 Rarely (1 time)	495	11	1229	12	223	18	1968	12.1
3 Sometimes (2 times)	340	7	965	10	237	19	1567	9.6
4 Often (3-4 times)	152	3	442	4	124	10	726	4.5
5 Very often (5 or more times)	260	6	412	4	198	16	884	5.4
Valid responses =	4736	29	10150	62	1259	8	16293	99.3

Invalid responses include no response.



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Number of Surveys (n) = 16410 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	3906	82	7917	78	719	57	12644	77.5
2 Yes, one time, did not want to die	406	9	1025	10	168	13	1618	9.9
3 Yes, one time, wanted to die	161	3	483	5	129	10	786	4.8
4 Yes, more than once, did not want to do it	167	4	422	4	122	10	715	4.4
5 Yes, more than once, wanted to do it	99	2	312	3	122	10	542	3.3
Valid responses =	4739	29	10159	62	1260	8	16305	99.4

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	3217	68	6933	68	403	32	10623	65.2
1 No chance at all	658	14	1283	13	191	15	2154	13.2
2 Rather unlikely	539	11	1267	13	375	30	2213	13.6
3 Unlikely	211	4	426	4	163	13	814	5.0
4 Likely	81	2	187	2	74	6	348	2.1
5 Rather likely	16	0	33	0	29	2	79	0.5
6 Very likely	20	0	28	0	23	2	74	0.5
Valid responses =	4742	29	10157	62	1258	8	16305	99.4

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	4598	97	9981	98	1199	95	15928	97.5
2 Yes	142	3	205	2	64	5	415	2.5
Valid responses =	4740	29	10186	62	1263	8	16343	99.6

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	2991	63	4325	42	251	20	7627	46.7
2 Yes	1746	37	5867	58	1013	80	8718	53.3
Valid responses =	4737	29	10192	62	1264	8	16345	99.6

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	3733	79	6315	62	522	41	10663	65.3
2 Yes	1004	21	3869	38	741	59	5674	34.7
Valid responses =	4737	29	10184	62	1263	8	16337	99.6

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	1873	40	2376	23	223	18	4520	27.7
2 Yes	2862	60	7805	77	1043	82	11812	72.3
Valid responses =	4735	29	10181	62	1266	8	16332	99.5

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	3794	80	6427	63	507	40	10821	66.2
2 Yes	939	20	3762	37	759	60	5517	33.8
Valid responses =	4733	29	10189	62	1266	8	16338	99.6

Invalid responses include no response.



## 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	760	81	2997	80	630	83	4434	80.5
2 After starting at your current college/university	178	19	760	20	127	17	1075	19.5
Valid responses =	938	17	3757	68	757	14	5509	33.6
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	479	51	1669	44	298	39	2467	44.8
2 Yes	455	49	2086	56	460	61	3037	55.2
Valid responses =	934	17	3755	68	758	14	5504	33.5
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	3581	76	5548	55	387	31	9592	58.8
2 Yes	1157	24	4625	46	878	69	6733	41.2
Valid responses =	4738	29	10173	62	1265	8	16325	99.5
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	942	82	3747	81	754	86	5509	81.9
2 After starting at your current college/university	213	18	874	19	123	14	1217	18.1
Valid responses =	1155	17	4621	69	877	13	6726	41.0
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	564	49	1760	38	265	30	2615	38.9
2 Yes	591	51	2859	62	610	70	4107	61.1
Valid responses =	1155	17	4619	69	875	13	6722	41.0
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	3342	71	5559	55	714	57	9700	59.5
2 Yes	195	4	4329	43	414	33	4980	30.5
3 Don't know	129	3	181	2	37	3	352	2.2
4 Not applicable	1067	23	96	1	98	8	1275	7.8
Valid responses =	4733	29	10165	62	1263	8	16307	99.4
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	1065	23	2030	20	348	28	3477	21.3
2 Yes	3552	75	7933	78	873	69	12475	76.3
3 Don't know	125	3	221	2	42	3	395	2.4
Valid responses =	4742	29	10184	62	1263	8	16347	99.6
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	936	20	758	7	115	9	1834	11.2
2 Rarely	1521	32	1930	19	354	28	3841	23.5
3 Sometimes	1389	29	3142	31	375	30	4953	30.3
4 Usually	734	16	3133	31	325	26	4228	25.8
5 Always	166	4	1227	12	97	8	1503	9.2
Valid responses =	4746	29	10190	62	1266	8	16359	99.7
Invalid responses include no response.								



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

## UNDERGRADUATE STUDENTS

January 29, 2026

FREQUENCY REPORT

Number of Surveys (n) = 16410 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	956	20	2206	22	198	16	3386	20.7	3386	20.7	
2 Rarely	985	21	2416	24	252	20	3682	22.6	3682	22.6	
3 Sometimes	1223	26	3163	31	366	29	4798	29.4	4798	29.4	
4 Usually	1096	23	1816	18	329	26	3279	20.1	3279	20.1	
5 Always	467	10	572	6	121	10	1175	7.2	1175	7.2	
Valid responses =	4727	29	10173	62	1266	8	16320	99.5			

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	1073	23	1844	18	349	28	3303	20.2	3303	20.2	
2 Rarely	921	20	1836	18	245	19	3032	18.6	3032	18.6	
3 Sometimes	1088	23	2565	25	269	21	3964	24.3	3964	24.3	
4 Usually	1093	23	2652	26	224	18	3991	24.5	3991	24.5	
5 Always	557	12	1273	13	176	14	2030	12.4	2030	12.4	
Valid responses =	4732	29	10170	62	1263	8	16320	99.5			

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	278	6	470	5	31	3	786	4.8	786	4.8	
2 Rarely	617	13	1403	14	90	7	2124	13.0	2124	13.0	
3 Sometimes	1937	41	4157	41	390	31	6548	40.1	6548	40.1	
4 Usually	1661	35	3415	34	615	49	5744	35.2	5744	35.2	
5 Always	241	5	729	7	137	11	1123	6.9	1123	6.9	
Valid responses =	4734	29	10174	62	1263	8	16325	99.5			

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	1129	24	3366	33	404	32	4949	30.3	4949	30.3	
2 Rarely	996	21	2943	29	343	27	4315	26.5	4315	26.5	
3 Sometimes	1237	26	2741	27	297	24	4319	26.5	4319	26.5	
4 Usually	923	20	880	9	159	13	1978	12.1	1978	12.1	
5 Always	444	9	236	2	58	5	750	4.6	750	4.6	
Valid responses =	4729	29	10166	62	1261	8	16311	99.4			

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	2893	62	3668	37	879	70	7538	47.1	7538	47.1	
1 1 time	172	4	329	3	54	4	559	3.5	559	3.5	
2 2 times	260	6	609	6	62	5	936	5.9	936	5.9	
3 3 times	163	4	513	5	43	3	722	4.5	722	4.5	
4 4 times	111	2	279	3	19	2	412	2.6	412	2.6	
5 5 times	183	4	592	6	39	3	818	5.1	818	5.1	
6 6 to 10 times	345	7	1280	13	66	5	1705	10.7	1705	10.7	
7 11 to 15 times	122	3	458	5	25	2	609	3.8	609	3.8	
8 16 to 20 times	129	3	663	7	11	1	804	5.0	804	5.0	
9 21 to 49 times	130	3	767	8	22	2	927	5.8	927	5.8	
10 50 or More times	165	4	767	8	30	2	963	6.0	963	6.0	
Valid responses =	4673	29	9925	62	1250	8	15993	97.5			

Invalid responses include no response.

	Mean	Median	Std Dev	Min	Max
Cis Men	6.71	0.00	25.68	0	365
Cis Women	12.65	3.00	26.37	0	365
Trans/Gender Non-conforming	3.96	0.00	15.8	0	300
Overall	10.17	1.00	25.64	0	365



# 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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UNDERGRADUATE STUDENTS

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Number of Surveys (n) = 16410 Web Surveys

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	876	19	1663	16	131	10	2690	16.5
2 Have started, but not completed HPV vaccine	127	3	367	4	77	6	575	3.5
3 Completed HPV vaccine	1807	38	4964	49	613	49	7444	45.7
4 I don't know my HPV vaccination status	1915	41	3149	31	441	35	5566	34.2
Valid responses =	4725	29	10143	62	1262	8	16275	99.2

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	2495	53	5126	50	582	46	8263	50.7
2 Yes	1780	38	4278	42	561	45	6683	41.0
3 Don't know	455	10	766	8	117	9	1359	8.3
Valid responses =	4730	29	10170	62	1260	8	16305	99.4

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	1086	23	2280	22	184	15	3582	22.0
2 Yes	3527	75	7713	76	1056	84	12404	76.1
3 Not sure	120	3	173	2	22	2	321	2.0
Valid responses =	4733	29	10166	62	1262	8	16307	99.4

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	2738	78	5785	75	671	64	9260	74.8
2 Yes	530	15	1416	18	275	26	2254	18.2
3 Not sure	250	7	498	7	109	10	865	7.0
Valid responses =	3518	28	7699	62	1055	9	12379	75.4

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	4457	94	9392	92	1135	90	15113	92.7
2 Yes	273	6	768	8	128	10	1182	7.3
Valid responses =	4730	29	10160	62	1263	8	16295	99.3

Invalid responses include no response.



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## UNDERGRADUATE STUDENTS

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Number of Surveys (n) = 16410 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	4607	98	9717	96	1200	95	15662 96.2
2 Yes	116	3	440	4	61	5	623 3.8
Valid responses =	4723	29	10157	62	1261	8	16285 99.2

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	4688	99	10029	99	1248	99	16105 99.1
2 Yes	29	1	106	1	12	1	148 0.9
Valid responses =	4717	29	10135	62	1260	8	16253 99.0

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	4682	100	10028	100	1249	100	16099 99.6
2 Yes	16	0	45	0	6	1	68 0.4
Valid responses =	4698	29	10073	62	1255	8	16167 98.5

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	3356	71	6095	60	795	63	10351 63.7
2 Yes	1360	29	4046	40	465	37	5911 36.3
Valid responses =	4716	29	10141	62	1260	8	16262 99.1

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	4580	97	9763	96	1223	97	15704 96.4
2 Yes	141	3	398	4	39	3	583 3.6
Valid responses =	4721	29	10161	62	1262	8	16287 99.3

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	4702	100	10113	100	1256	100	16212 99.7
2 Yes	16	0	25	0	5	0	48 0.3
Valid responses =	4718	29	10138	62	1261	8	16260 99.1

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	4145	88	8602	85	1106	88	13975 85.8
2 Yes	577	12	1555	15	155	12	2307 14.2
Valid responses =	4722	29	10157	62	1261	8	16282 99.2

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	4699	100	10120	100	1255	100	16214 99.8
2 Yes	12	0	17	0	4	0	34 0.2
Valid responses =	4711	29	10137	62	1259	8	16248 99.0

Invalid responses include no response.



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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	4649	99	9942	98	1239	98	15968 98.3	
2 Yes	57	1	190	2	20	2	271 1.7	
Valid responses =	4706	29	10132	62	1259	8	16239 99.0	

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	4239	90	8951	88	1120	89	14429 88.7	
2 Yes	479	10	1202	12	139	11	1843 11.3	
Valid responses =	4718	29	10153	62	1259	8	16272 99.2	

Invalid responses include no response.

63A11) Within the last 12 months, have you been diagnosed by a healthcare professional with any of the following?

Pelvic Inflammatory Disease

	Trans/Gender						Total	
	Cis Men		Cis Women		Non-conforming			
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 No	4719	100	10121	100	1258	100	16239 99.7	
2 Yes	5	0	45	0	3	0	54 0.3	
Valid responses =	4724	29	10166	62	1261	8	16293 99.3	

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	4615	98	9830	97	1221	97	15804 97.1	
2 Yes	103	2	331	3	38	3	475 2.9	
Valid responses =	4718	29	10161	62	1259	8	16279 99.2	

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	4703	100	10091	100	1251	99	16184 99.6	
2 Yes	10	0	40	0	7	1	59 0.4	
Valid responses =	4713	29	10131	62	1258	8	16243 99.0	

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	4403	94	8907	88	1109	88	14547 89.5	
2 Yes	308	7	1230	12	153	12	1705 10.5	
Valid responses =	4711	29	10137	62	1262	8	16252 99.0	

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	4696	100	8844	87	1128	90	14796 91.0	
2 Yes	21	0	1297	13	130	10	1462 9.0	
Valid responses =	4717	29	10141	62	1258	8	16258 99.1	

Invalid responses include no response.



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### UNDERGRADUATE STUDENTS

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#### 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	4105	98	8463	96	1033	95	13715	96.2
2 Yes	102	2	375	4	58	5	538	3.8
Valid responses =	4207	30	8838	62	1091	8	14253	86.9

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	62	55	240	55	25	41	330	53.5
2 Negatively impacted performance in a class	45	40	178	41	33	54	258	41.8
3 Delayed progress towards degree	6	5	19	4	3	5	29	4.7
Valid responses =	113	18	437	71	61	10	617	3.8

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	23	82	85	81	9	75	117	80.1
2 Negatively impacted performance in a class	4	14	20	19	3	25	27	18.5
3 Delayed progress towards degree	1	4	0	0	0	0	2	1.4
Valid responses =	28	19	105	72	12	8	146	0.9

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	12	80	37	86	3	60	52	81.3
2 Negatively impacted performance in a class	1	7	4	9	2	40	7	10.9
3 Delayed progress towards degree	2	13	2	5	0	0	5	7.8
Valid responses =	15	23	43	67	5	8	64	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	822	61	2230	55	255	55	3327	56.5
2 Negatively impacted performance in a class	511	38	1685	42	193	42	2406	40.8
3 Delayed progress towards degree	22	2	117	3	15	3	157	2.7
Valid responses =	1355	23	4032	68	463	8	5890	35.9

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	79	57	150	38	14	36	245	42.5
2 Negatively impacted performance in a class	52	38	199	51	21	54	274	47.6
3 Delayed progress towards degree	7	5	45	11	4	10	57	9.9
Valid responses =	138	24	394	68	39	7	576	3.5

Invalid responses include no response.



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### 63B6) Within the last 12 months, to what extent did the following negatively affect your academic performance?

(only includes students who have been diagnosed within the last 12 months)

Gonorrhea

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Did not affect academic performance	12	86	16	67	4	80	32	72.7
2 Negatively impacted performance in a class	0	0	7	29	0	0	7	15.9
3 Delayed progress towards degree	2	14	1	4	1	20	5	11.4
Valid responses =	14	32	24	55	5	11	44	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 Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Did not affect academic performance	320	56	747	48	67	44	1143	50.0
2 Negatively impacted performance in a class	237	41	733	48	81	53	1059	46.3
3 Delayed progress towards degree	15	3	62	4	6	4	86	3.8
Valid responses =	572	25	1542	67	154	7	2288	13.9

Invalid responses include no response.

### 63B8) Within the last 12 months, to what extent did the following negatively affect your academic performance?

(only includes students who have been diagnosed within the last 12 months)

Mumps

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Did not affect academic performance	7	70	14	88	2	50	23	74.2
2 Negatively impacted performance in a class	2	20	2	13	0	0	4	12.9
3 Delayed progress towards degree	1	10	0	0	2	50	4	12.9
Valid responses =	10	32	16	52	4	13	31	0.2

Invalid responses include no response.

### 63B9) Within the last 12 months, to what extent did the following negatively affect your academic performance?

(only includes students who have been diagnosed within the last 12 months)

Mononucleosis (mono)

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Did not affect academic performance	22	40	79	42	7	35	108	40.4
2 Negatively impacted performance in a class	29	53	95	50	9	45	134	50.2
3 Delayed progress towards degree	4	7	15	8	4	20	25	9.4
Valid responses =	55	21	189	71	20	7	267	1.6

Invalid responses include no response.

### 63B10) Within the last 12 months, to what extent did the following negatively affect your academic performance?

(only includes students who have been diagnosed within the last 12 months)

Orthopedic injury (for example: broken bone, fracture, sprain, bursitis, tendinitis, or ligament injury)

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Did not affect academic performance	360	76	852	71	82	59	1304	70.9
2 Negatively impacted performance in a class	99	21	295	25	45	32	451	24.5
3 Delayed progress towards degree	18	4	52	4	12	9	83	4.5
Valid responses =	477	26	1199	65	139	8	1838	11.2

Invalid responses include no response.

### 63B11) Within the last 12 months, to what extent did the following negatively affect your academic performance?

(only includes students who have been diagnosed within the last 12 months)

Pelvic Inflammatory Disease

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Did not affect academic performance	4	100	26	59	2	67	32	61.5
2 Negatively impacted performance in a class	0	0	15	34	0	0	15	28.8
3 Delayed progress towards degree	0	0	3	7	1	33	5	9.6
Valid responses =	4	8	44	85	3	6	52	0.3

Invalid responses include no response.



# AMERICAN COLLEGE HEALTH ASSOCIATION

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

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

## UNDERGRADUATE STUDENTS

January 29, 2026

FREQUENCY REPORT

Number of Surveys (n) = 16410 Web Surveys

63B12) Within the last 12 months, to what extent did the following negatively affect your academic performance?

(only includes students who have been diagnosed within the last 12 months)

Pneumonia

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Did not affect academic performance	51	51	140	42	15	40	206	43.6
2 Negatively impacted performance in a class	45	45	168	51	20	53	234	49.6
3 Delayed progress towards degree	5	5	22	7	3	8	32	6.8
Valid responses =	101	21	330	70	38	8	472	2.9

Invalid responses include no response.

63B13) Within the last 12 months, to what extent did the following negatively affect your academic performance?

(only includes students who have been diagnosed within the last 12 months)

Shingles

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Did not affect academic performance	7	78	31	80	2	33	41	73.2
2 Negatively impacted performance in a class	2	22	8	21	2	33	12	21.4
3 Delayed progress towards degree	0	0	0	0	2	33	3	5.4
Valid responses =	9	16	39	70	6	11	56	0.3

Invalid responses include no response.

63B14) Within the last 12 months, to what extent did the following negatively affect your academic performance?

(only includes students who have been diagnosed within the last 12 months)

Stomach or GI virus or bug, food poisoning, or gastritis

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Did not affect academic performance	195	64	707	58	90	59	999	59.0
2 Negatively impacted performance in a class	99	33	460	38	53	35	617	36.4
3 Delayed progress towards degree	10	3	57	5	9	6	77	4.5
Valid responses =	304	18	1224	72	152	9	1693	10.3

Invalid responses include no response.

63B15) Within the last 12 months, to what extent did the following negatively affect your academic performance?

(only includes students who have been diagnosed within the last 12 months)

Urinary tract infection

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Did not affect academic performance	14	70	1030	80	94	72	1148	79.3
2 Negatively impacted performance in a class	6	30	233	18	29	22	269	18.6
3 Delayed progress towards degree	0	0	21	2	7	5	30	2.1
Valid responses =	20	1	1284	89	130	9	1447	8.8

Invalid responses include no response.

63B16) Within the last 12 months, to what extent did the following negatively affect your academic performance?

(only includes students who have been diagnosed within the last 12 months)

Other short-term, temporary illness not listed above

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Did not affect academic performance	64	65	208	58	34	63	307	60.0
2 Negatively impacted performance in a class	31	31	126	35	13	24	172	33.6
3 Delayed progress towards degree	4	4	22	6	7	13	33	6.4
Valid responses =	99	19	356	70	54	11	512	3.1

Invalid responses include no response.

64) Have you ever been tested for HIV?

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Yes, within the last 12 months	294	6	981	10	133	11	1417	8.7
2 Yes, more than 12 months ago	257	5	733	7	91	7	1090	6.7
3 No	3811	80	7330	72	917	73	12167	74.5
4 Unsure	378	8	1134	11	121	10	1648	10.1
Valid responses =	4740	29	10178	62	1262	8	16322	99.5

Invalid responses include no response.

64B) Are you taking PrEP (Pre-Exposure Prophylaxis) to prevent HIV infection?

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	4622	98	9947	98	1229	98	15930	98.1
2 Yes	92	2	185	2	26	2	307	1.9
Valid responses =	4714	29	10132	62	1255	8	16237	98.9

Invalid responses include no response.



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FREQUENCY REPORT

Number of Surveys (n) = 16410 Web Surveys

### 65A1) Have you ever been diagnosed by a healthcare or mental health professional with any of the following ongoing or chronic conditions?

Acne

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	3595	76	7059	70	880	70	11628	71.4
2 Yes	1126	24	3102	31	381	30	4655	28.6
Valid responses =	4721	29	10161	62	1261	8	16283	99.2

Invalid responses include no response.

### 65A2) Have you ever been diagnosed by a healthcare or mental health professional with any of the following ongoing or chronic conditions?

ADD/ADHD - Attention Deficit/Hyperactivity Disorder

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	3977	84	8464	83	815	65	13357	82.0
2 Yes	750	16	1690	17	447	35	2929	18.0
Valid responses =	4727	29	10154	62	1262	8	16286	99.2

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

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	4639	98	9965	98	1227	98	15970	98.2
2 Yes	80	2	188	2	28	2	299	1.8
Valid responses =	4719	29	10153	62	1255	8	16269	99.1

Invalid responses include no response.

### 65A4) Have you ever been diagnosed by a healthcare or mental health professional with any of the following ongoing or chronic conditions?

Allergies - food allergy

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	4217	89	8661	85	1040	83	14029	86.2
2 Yes	512	11	1494	15	219	17	2252	13.8
Valid responses =	4729	29	10155	62	1259	8	16281	99.2

Invalid responses include no response.

### 65A5) Have you ever been diagnosed by a healthcare or mental health professional with any of the following ongoing or chronic conditions?

Allergies - animals/pets

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	4101	87	8638	85	1049	83	13903	85.5
2 Yes	619	13	1497	15	209	17	2352	14.5
Valid responses =	4720	29	10135	62	1258	8	16255	99.1

Invalid responses include no response.

### 65A6) Have you ever been diagnosed by a healthcare or mental health professional with any of the following ongoing or chronic conditions?

Allergies - environmental (for example: pollen, grass, dust, mold)

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	3461	73	6908	68	807	64	11273	69.3
2 Yes	1259	27	3234	32	448	36	4987	30.7
Valid responses =	4720	29	10142	62	1255	8	16260	99.1

Invalid responses include no response.

### 65A7) Have you ever been diagnosed by a healthcare or mental health professional with any of the following ongoing or chronic conditions?

Anxiety (for example: Generalized Anxiety, Social Anxiety, Panic Disorder, Specific Phobia)

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	3879	82	5849	58	469	37	10274	63.1
2 Yes	847	18	4308	42	792	63	6013	36.9
Valid responses =	4726	29	10157	62	1261	8	16287	99.3

Invalid responses include no response.

### 65A8) Have you ever been diagnosed by a healthcare or mental health professional with any of the following ongoing or chronic conditions?

Asthma

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	4070	86	8472	83	1019	81	13681	84.0
2 Yes	652	14	1691	17	241	19	2606	16.0
Valid responses =	4722	29	10163	62	1260	8	16287	99.3

Invalid responses include no response.



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FREQUENCY REPORT

Number of Surveys (n) = 16410 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	4472	95	9845	97	1041	83	15476	95.2
2 Yes	245	5	298	3	215	17	782	4.8
Valid responses =	4717	29	10143	62	1256	8	16258	99.1

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	4630	98	9851	97	1178	94	15793	97.1
2 Yes	89	2	289	3	79	6	466	2.9
Valid responses =	4719	29	10140	62	1257	8	16259	99.1

Invalid responses include no response.

**65A11) Have you ever been diagnosed by a healthcare or mental health professional with any of the following ongoing or chronic conditions?**  
Borderline Personality Disorder (BPD), Avoidant Personality, Dependent Personality, or another personality disorder

	Trans/Gender						Total	
	Cis Men		Cis Women		Non-conforming			
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	4672	99	9959	98	1195	95	15962	98.1
2 Yes	47	1	202	2	64	5	317	1.9
Valid responses =	4719	29	10161	62	1259	8	16279	99.2

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	4685	99	10063	99	1247	99	16135	99.1
2 Yes	38	1	92	1	11	1	143	0.9
Valid responses =	4723	29	10155	62	1258	8	16278	99.2

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	4691	99	9987	98	1236	98	16055	98.7
2 Yes	26	1	158	2	23	2	209	1.3
Valid responses =	4717	29	10145	62	1259	8	16264	99.1

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	4472	95	9054	89	998	80	14643	90.1
2 Yes	245	5	1084	11	257	21	1608	9.9
Valid responses =	4717	29	10138	62	1255	8	16251	99.0

Invalid responses include no response.

**65A15) Have you ever been diagnosed by a healthcare or mental health professional with any of the following ongoing or chronic conditions?**  
Depression (for example: Major depression, persistent depressive disorder, disruptive mood disorder)

	Trans/Gender						Total	
	Cis Men		Cis Women		Non-conforming			
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	4041	86	7106	70	576	46	11811	72.5
2 Yes	687	15	3049	30	686	54	4476	27.5
Valid responses =	4728	29	10155	62	1262	8	16287	99.3

Invalid responses include no response.

**65A16) Have you ever been diagnosed by a healthcare or mental health professional with any of the following ongoing or chronic conditions?**  
Diabetes or pre-diabetes/insulin resistance

	Trans/Gender						Total	
	Cis Men		Cis Women		Non-conforming			
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	4610	98	9696	96	1206	96	15647	96.2
2 Yes	111	2	451	4	56	4	623	3.8
Valid responses =	4721	29	10147	62	1262	8	16270	99.1

Invalid responses include no response.



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Number of Surveys (n) = 16410 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	4644	98	9297	92	1110	88	15175	93.3
2 Yes	77	2	848	8	151	12	1090	6.7
Valid responses =	4721	29	10145	62	1261	8	16265	99.1

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	4717	100	9865	97	1227	97	15944	97.9
2 Yes	9	0	297	3	35	3	347	2.1
Valid responses =	4726	29	10162	62	1262	8	16291	99.3

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	4704	100	10137	100	1258	100	16235	99.7
2 Yes	25	1	14	0	3	0	45	0.3
Valid responses =	4729	29	10151	62	1261	8	16280	99.2

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	4703	100	10045	99	1252	100	16137	99.3
2 Yes	14	0	91	1	6	1	113	0.7
Valid responses =	4717	29	10136	62	1258	8	16250	99.0

Invalid responses include no response.

65A21) Have you ever been diagnosed by a healthcare or mental health professional with any of the following ongoing or chronic conditions?

Gastroesophageal Reflux Disease (GERD) or acid reflux

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	4551	97	9467	93	1147	91	15289	94.0
2 Yes	167	4	677	7	112	9	970	6.0
Valid responses =	4718	29	10144	62	1259	8	16259	99.1

Invalid responses include no response.

65A22) Have you ever been diagnosed by a healthcare or mental health professional with any of the following ongoing or chronic conditions?

Heart & vascular disorders (for example: atrial fibrillation or other cardiac arrhythmia, mitral valve prolapse or other valvular heart disease, congenital heart condition)

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	4627	98	9835	97	1202	95	15797	97.1
2 Yes	96	2	312	3	60	5	474	2.9
Valid responses =	4723	29	10147	62	1262	8	16271	99.2

Invalid responses include no response.

65A23) Have you ever been diagnosed by a healthcare or mental health professional with any of the following ongoing or chronic conditions?

Hepatitis B or C

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	4712	100	10134	100	1255	100	16238	99.7
2 Yes	13	0	26	0	4	0	44	0.3
Valid responses =	4725	29	10160	62	1259	8	16282	99.2

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	4517	96	9864	97	1207	96	15721	96.5
2 Yes	207	4	295	3	53	4	562	3.5
Valid responses =	4724	29	10159	62	1260	8	16283	99.2

Invalid responses include no response.



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Number of Surveys (n) = 16410 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)

	Trans/Gender						Total
	Cis Men		Cis Women		Non-conforming		
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	
1 No	4595	97	9749	96	1199	95	15676 96.4
2 Yes	129	3	396	4	59	5	591 3.6
Valid responses =	4724	29	10145	62	1258	8	16267 99.1

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

	Trans/Gender						Total
	Cis Men		Cis Women		Non-conforming		
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	
1 No	4709	100	10135	100	1256	100	16236 99.8
2 Yes	15	0	13	0	5	0	36 0.2
Valid responses =	4724	29	10148	62	1261	8	16272 99.2

Invalid responses include no response.

65A27) Have you ever been diagnosed by a healthcare or mental health professional with any of the following ongoing or chronic conditions?

Human papillomavirus (HPV) or genital warts

	Trans/Gender						Total
	Cis Men		Cis Women		Non-conforming		
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	
1 No	4698	100	10028	99	1252	99	16116 99.0
2 Yes	23	1	123	1	9	1	156 1.0
Valid responses =	4721	29	10151	62	1261	8	16272 99.2

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

	Trans/Gender						Total
	Cis Men		Cis Women		Non-conforming		
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	
1 No	4536	96	9344	92	1056	84	15055 92.6
2 Yes	185	4	794	8	207	16	1207 7.4
Valid responses =	4721	29	10138	62	1263	8	16262 99.1

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)

	Trans/Gender						Total
	Cis Men		Cis Women		Non-conforming		
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	
1 No	4607	98	9509	94	1177	93	15423 94.9
2 Yes	109	2	628	6	86	7	833 5.1
Valid responses =	4716	29	10137	62	1263	8	16256 99.1

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

	Trans/Gender						Total
	Cis Men		Cis Women		Non-conforming		
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	
1 No	4673	99	9928	97.9	1219	96.7	15957 98.1
2 Yes	48	1	209	2.1	41	3.3	301 1.9
Valid responses =	4721	29	10137	62	1260	8	16258 99.1

Invalid responses include no response.

65A30) Have you ever been diagnosed by a healthcare or mental health professional with any of the following ongoing or chronic conditions?

Migraine headaches

	Trans/Gender						Total
	Cis Men		Cis Women		Non-conforming		
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	
1 No	4399	93	8415	83	1028	81	13958 85.8
2 Yes	319	7	1726	17	235	19	2305 14.2
Valid responses =	4718	29	10141	62	1263	8	16263 99.1

Invalid responses include no response.

65A31) Have you ever been diagnosed by a healthcare or mental health professional with any of the following ongoing or chronic conditions?

Obsessive-Compulsive and Related Conditions (for example: OCD, Body Dysmorphia, Hoarding, Trichotillomania, other body-focused repetitive behavior disorders)

	Trans/Gender						Total
	Cis Men		Cis Women		Non-conforming		
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	
1 No	4572	97	9198	91	1050	83	14941 91.9
2 Yes	151	3	939	9	213	17	1322 8.1
Valid responses =	4723	29	10137	62	1263	8	16263 99.1

Invalid responses include no response.



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65A32) Have you ever been diagnosed by a healthcare or mental health professional with any of the following ongoing or chronic conditions?  
Polycystic Ovarian Syndrome (PCOS)

	Trans/Gender						Total
	Cis Men		Cis Women		Non-conforming		
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	
1 No	4711	100	9589	95	1185	94	15616 96.0
2 Yes	7	0	556	6	76	6	648 4.0
Valid responses =	4718	29	10145	62	1261	8	16264 99.1

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	4535	96	9125	90	1001	79	14781 90.9
2 Yes	185	4	1018	10	261	21	1487 9.1
Valid responses =	4720	29	10143	62	1262	8	16268 99.1

Invalid responses include no response.

65A34) Have you ever been diagnosed by a healthcare or mental health professional with any of the following ongoing or chronic conditions?  
Schizophrenia and Other Psychotic Conditions (for example: Schizophrenia, Schizoaffective Disorder, Schizophreniform Disorder, Delusional Disorder)

	Trans/Gender						Total
	Cis Men		Cis Women		Non-conforming		
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	
1 No	4688	99	10093	100	1239	98	16159 99.4
2 Yes	28	1	40	0	24	2	94 0.6
Valid responses =	4716	29	10133	62	1263	8	16253 99.0

Invalid responses include no response.

65A35) Have you ever been diagnosed by a healthcare or mental health professional with any of the following ongoing or chronic conditions?  
Sleep Apnea

	Trans/Gender						Total
	Cis Men		Cis Women		Non-conforming		
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	
1 No	4560	97	9902	98	1210	96	15807 97.1
2 Yes	162	3	247	2	51	4	466 2.9
Valid responses =	4722	29	10149	62	1261	8	16273 99.2

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	4663	99	9752	96	1205	96	15755 96.9
2 Yes	56	1	391	4	56	4	507 3.1
Valid responses =	4719	29	10143	62	1261	8	16262 99.1

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	4696	100	10081	99	1224	97	16136 99.2
2 Yes	24	1	59	1	35	3	123 0.8
Valid responses =	4720	29	10140	62	1259	8	16259 99.1

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	4654	99	9977	98	1238	98	16006 98.5
2 Yes	60	1	158	2	21	2	241 1.5
Valid responses =	4714	29	10135	62	1259	8	16247 99.0

Invalid responses include no response.



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65A39) Have you ever been diagnosed by a healthcare or mental health professional with any of the following ongoing or chronic conditions?  
Urinary system disorder (for example: bladder or kidney disease, urinary reflux, interstitial cystitis)

	Trans/Gender						Total
	Cis Men		Cis Women		Non-conforming		
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	
1 No	4679	99	9969	98	1239	98	16018 98.5
2 Yes	42	1	173	2	22	2	245 1.5
Valid responses =	4721	29	10142	62	1261	8	16263 99.1

Invalid responses include no response.

65A40) Have you ever been diagnosed by a healthcare or mental health professional with any of the following ongoing or chronic conditions?  
Other ongoing or chronic condition not listed above

	Trans/Gender						Total
	Cis Men		Cis Women		Non-conforming		
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	
1 No	4333	96	8779	92	982	83	14208 92.5
2 Yes	166	4	770	8	204	17	1157 7.5
Valid responses =	4499	29	9549	62	1186	8	15365 93.6

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.	
1 No	143	87	621	85	168	85	945 85.4
2 Yes	21	13	107	15	29	15	161 14.6
Valid responses =	164	15	728	66	197	18	1106 6.7

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.	
1 No	136	83	497	68	152	76	799 72.2
2 Yes	28	17	230	32	47	24	308 27.8
Valid responses =	164	15	727	66	199	18	1107 6.7

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.	
1 No	156	95	651	90	177	90	1001 91.0
2 Yes	8	5	72	10	19	10	99 9.0
Valid responses =	164	15	723	66	196	18	1100 6.7

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.	
1 No	141	86	584	80	149	75	887 80.0
2 Yes	23	14	145	20	50	25	222 20.0
Valid responses =	164	15	729	66	199	18	1109 6.8

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.	
1 No	141	86	640	88	177	90	972 88.3
2 Yes	23	14	84	12	20	10	129 11.7
Valid responses =	164	15	724	66	197	18	1101 6.7

Invalid responses include no response.



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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	142	87	594	82	168	84	917	83.1
2 Yes	22	13	129	18	31	16	186	16.9
Valid responses =	164	15	723	66	199	18	1103	6.7

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	159	97	671	93	181	91	1026	93.0
2 Yes	5	3	53	7	17	9	77	7.0
Valid responses =	164	15	724	66	198	18	1103	6.7

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	143	87	657	91	173	88	989	89.6
2 Yes	21	13	69	10	24	12	115	10.4
Valid responses =	164	15	726	66	197	18	1104	6.7

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	150	92	643	89	171	87	981	89.3
2 Yes	13	8	79	11	26	13	118	10.7
Valid responses =	163	15	722	66	197	18	1099	6.7

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	161	98	711	98	194	99	1082	98.2
2 Yes	3	2	13	2	3	2	20	1.8
Valid responses =	164	15	724	66	197	18	1102	6.7

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	137	84	533	74	114	57	792	71.7
2 Yes	27	17	191	26	85	43	312	28.3
Valid responses =	164	15	724	66	199	18	1104	6.7

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	144	88	615	85	151	77	923	83.9
2 Yes	20	12	108	15	45	23	177	16.1
Valid responses =	164	15	723	66	196	18	1100	6.7

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	159	98	659	91	174	89	1007	91.5
2 Yes	3	2	67	9	22	11	94	8.5
Valid responses =	162	15	726	66	196	18	1101	6.7

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	156	95	683	95	186	94	1041	94.6
2 Yes	8	5	39	5	11	6	59	5.4
Valid responses =	164	15	722	66	197	18	1100	6.7

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	154	95	676	93	179	91	1024	93.0
2 Yes	9	6	48	7	18	9	77	7.0
Valid responses =	163	15	724	66	197	18	1101	6.7

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	158	96	700	98	192	98	1067	97.4
2 Yes	6	4	18	3	5	3	29	2.6
Valid responses =	164	15	718	66	197	18	1096	6.7

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	96	67	383	61	106	61	595	61.8
2 Yes	47	33	248	39	69	39	368	38.2
Valid responses =	143	15	631	66	175	18	963	5.9

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	19	91	82	78	22	79	125	79.1
2 Yes	2	10	23	22	6	21	33	20.9
Valid responses =	21	13	105	66	28	18	158	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	16	76	56	52	17	59	90	55.9
2 Yes	5	24	51	48	12	41	71	44.1
Valid responses =	21	13	107	66	29	18	161	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	20	95	84	80	24	86	131	82.9
2 Yes	1	5	21	20	4	14	27	17.1
Valid responses =	21	13	105	66	28	18	158	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	20	95	85	80	22	79	131	82.4
2 Yes	1	5	21	20	6	21	28	17.6
Valid responses =	21	13	106	67	28	18	159	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	19	91	68	64	22	79	111	69.4
2 Yes	2	10	39	36	6	21	49	30.6
Valid responses =	21	13	107	67	28	18	160	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	16	80	58	67	17	68	94	69.6
2 Yes	4	20	28	33	8	32	41	30.4
Valid responses =	20	15	86	64	25	19	135	0.8

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	26	93	189	84	41	91	259	85.8
2 Yes	2	7	37	16	4	9	43	14.2
Valid responses =	28	9	226	75	45	15	302	1.8

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	26	93	218	98	43	98	290	97.6
2 Yes	2	7	4	2	1	2	7	2.4
Valid responses =	28	9	222	75	44	15	297	1.8

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	24	89	191	86	39	87	257	86.8
2 Yes	3	11	30	14	6	13	39	13.2
Valid responses =	27	9	221	75	45	15	296	1.8

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	11	44	98	47	18	43	128	46.2
2 Yes	14	56	109	53	24	57	149	53.8
Valid responses =	25	9	207	75	42	15	277	1.7

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	6	75	22	31	8	42	36	36.4
2 Yes	2	25	50	69	11	58	63	63.6
Valid responses =	8	8	72	73	19	19	99	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	5	63	70	99	17	94	92	94.8
2 Yes	3	38	1	1	1	6	5	5.2
Valid responses =	8	8	71	73	18	19	97	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	8	100	65	92	17	94	90	92.8
2 Yes	0	0	6	9	1	6	7	7.2
Valid responses =	8	8	71	73	18	19	97	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	7	88	62	87	14	78	83	85.6
2 Yes	1	13	9	13	4	22	14	14.4
Valid responses =	8	8	71	73	18	19	97	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	8	100	69	97	16	89	93	95.9
2 Yes	0	0	2	3	2	11	4	4.1
Valid responses =	8	8	71	73	18	19	97	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.
1 No	2	33	39	66	9	50	50	60.2
2 Yes	4	67	20	34	9	50	33	39.8
Valid responses =	6	7	59	71	18	22	83	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.
1 No	20	87	134	99	48	96	206	96.7
2 Yes	3	13	2	2	2	4	7	3.3
Valid responses =	23	11	136	64	50	23	213	1.3

Invalid responses include no response.

65F2) Have you ever been diagnosed with any of the following ongoing or chronic brain & nervous system disorders?

(only includes students that selected having an ongoing/chronic brain & nervous system disorder not listed above)

Epilepsy

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	17	74	116	84	44	90	181	84.6
2 Yes	6	26	22	16	5	10	33	15.4
Valid responses =	23	11	138	64	49	23	214	1.3

Invalid responses include no response.

65F3) Have you ever been diagnosed with any of the following ongoing or chronic brain & nervous system disorders?

(only includes students that selected having an ongoing/chronic brain & nervous system disorder not listed above)

Seizure Conditions

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	16	70	105	77	42	86	166	77.9
2 Yes	7	30	32	23	7	14	47	22.1
Valid responses =	23	11	137	64	49	23	213	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.
1 No	22	96	128	95	46	94	200	94.8
2 Yes	1	4	7	5	3	6	11	5.2
Valid responses =	23	11	135	64	49	23	211	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.
1 No	12	57	69	58	25	53	107	56.3
2 Yes	9	43	50	42	22	47	83	43.7
Valid responses =	21	11	119	63	47	25	190	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.
1 No	22	96	69	86	17	85	110	88.0
2 Yes	1	4	11	14	3	15	15	12.0
Valid responses =	23	18	80	64	20	16	125	0.8

Invalid responses include no response.



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### 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	12	52	33	40	9	47	54	42.9	54	42.9	
2 Yes	11	48	49	60	10	53	72	57.1	72	57.1	
Valid responses =	23	18	82	65	19	15	126	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	23	100	78	99	17	90	120	97.6	120	97.6	
2 Yes	0	0	1	1	2	11	3	2.4	3	2.4	
Valid responses =	23	19	79	64	19	15	123	0.7			

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	21	91	73	91	17	90	113	91.1	113	91.1	
2 Yes	2	9	7	9	2	11	11	8.9	11	8.9	
Valid responses =	23	19	80	65	19	15	124	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	22	96	76	97	17	90	117	95.9	117	95.9	
2 Yes	1	4	2	3	2	11	5	4.1	5	4.1	
Valid responses =	23	19	78	64	19	16	122	0.7			

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	16	70	59	75	14	74	90	73.2	90	73.2	
2 Yes	7	30	20	25	5	26	33	26.8	33	26.8	
Valid responses =	23	19	79	64	19	15	123	0.7			

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	22	96	76	97	18	95	118	96.7	118	96.7	
2 Yes	1	4	2	3	1	5	4	3.3	4	3.3	
Valid responses =	23	19	78	64	19	16	122	0.7			

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	15	71	50	71	12	71	79	71.8	79	71.8	
2 Yes	6	29	20	29	5	29	31	28.2	31	28.2	
Valid responses =	21	19	70	64	17	15	110	0.7			

Invalid responses include no response.



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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.	
1 No	16	80	108	86	25	81	152 84.0
2 Yes	4	20	18	14	6	19	29 16.0
Valid responses =	20	11	126	70	31	17	181 1.1

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.	
1 No	20	100	120	96	29	94	173 96.1
2 Yes	0	0	5	4	2	7	7 3.9
Valid responses =	20	11	125	69	31	17	180 1.1

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.	
1 No	16	80	116	94	30	97	166 92.7
2 Yes	4	20	8	7	1	3	13 7.3
Valid responses =	20	11	124	69	31	17	179 1.1

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.	
1 No	19	95	116	93	29	94	168 93.3
2 Yes	1	5	9	7	2	7	12 6.7
Valid responses =	20	11	125	69	31	17	180 1.1

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.	
1 No	18	90	111	89	29	94	162 90.0
2 Yes	2	10	14	11	2	7	18 10.0
Valid responses =	20	11	125	69	31	17	180 1.1

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.	
1 No	13	68	61	53	15	58	91 55.2
2 Yes	6	32	55	47	11	42	74 44.8
Valid responses =	19	12	116	70	26	16	165 1.0

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.	
1 No	14	67	46	74	14	58	75 69.4
2 Yes	7	33	16	26	10	42	33 30.6
Valid responses =	21	19	62	57	24	22	108 0.7

Invalid responses include no response.



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65J2) Have you ever been diagnosed with any of the following ongoing or chronic eye, ear, nose, throat disorders?

(only includes students that selected having an ongoing/chronic eye, ear, nose, throat disorder not listed above)

Uveitis

	Cis Men			Cis Women			Trans/Gender Non-conforming			Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	
1 No	21	100	60	97	23	96			105	97.2	
2 Yes	0	0	2	3	1	4			3	2.8	
Valid responses =	21	19	62	57	24	22			108	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

	Cis Men			Cis Women			Trans/Gender Non-conforming			Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	
1 No	21	100	49	79	14	58			85	78.7	
2 Yes	0	0	13	21	10	42			23	21.3	
Valid responses =	21	19	62	57	24	22			108	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

	Cis Men			Cis Women			Trans/Gender Non-conforming			Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	
1 No	9	43	30	57	7	33			46	47.9	
2 Yes	12	57	23	43	14	67			50	52.1	
Valid responses =	21	22	53	55	21	22			96	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

	Cis Men			Cis Women			Trans/Gender Non-conforming			Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	
1 No	9	69	59	77	18	72			86	74.8	
2 Yes	4	31	18	23	7	28			29	25.2	
Valid responses =	13	11	77	67	25	22			115	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

	Cis Men			Cis Women			Trans/Gender Non-conforming			Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	
1 No	12	92	73	96	21	88			106	93.8	
2 Yes	1	8	3	4	3	13			7	6.2	
Valid responses =	13	12	76	67	24	21			113	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

	Cis Men			Cis Women			Trans/Gender Non-conforming			Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	
1 No	10	77	71	93	21	88			102	90.3	
2 Yes	3	23	5	7	3	13			11	9.7	
Valid responses =	13	12	76	67	24	21			113	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

	Cis Men			Cis Women			Trans/Gender Non-conforming			Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	
1 No	11	85	73	97	23	96			107	95.5	
2 Yes	2	15	2	3	1	4			5	4.5	
Valid responses =	13	12	75	67	24	21			112	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	10	77	62	82	17	71	89	78.8			
2 Yes	3	23	14	18	7	29	24	21.2			
Valid responses =	13	12	76	67	24	21	113	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	10	77	74	96	23	96	107	93.9			
2 Yes	3	23	3	4	1	4	7	6.1			
Valid responses =	13	11	77	68	24	21	114	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	6	60	27	39	8	32	41	39.0			
2 Yes	4	40	43	61	17	68	64	61.0			
Valid responses =	10	10	70	67	25	24	105	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	3	100	10	83	0	0	13	68.4			
2 Yes	0	0	2	17	3	100	6	31.6			
Valid responses =	3	16	12	63	3	16	19	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	1	33	6	60	1	33	9	52.9			
2 Yes	2	67	4	40	2	67	8	47.1			
Valid responses =	3	18	10	59	3	18	17	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	17	85	89	86	39	87	149	86.1			
2 Yes	3	15	15	14	6	13	24	13.9			
Valid responses =	20	12	104	60	45	26	173	1.1			

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	20	100	81	77	34	76	138	79.3			
2 Yes	0	0	24	23	11	24	36	20.7			
Valid responses =	20	11	105	60	45	26	174	1.1			

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)

## UNDERGRADUATE STUDENTS

January 29, 2026

FREQUENCY REPORT

Number of Surveys (n) = 16410 Web Surveys

### 65N3) Have you ever been diagnosed with any of the following ongoing or chronic musculoskeletal disorders?

(only includes students that selected having an ongoing/chronic musculoskeletal disorders not listed above)

Gout

	Cis Men			Cis Women			Trans/Gender Non-conforming			Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	
1 No	20	100	102	98	42	93	167	96.5			
2 Yes	0	0	2	2	3	7	6	3.5			
Valid responses =	20	12	104	60	45	26	173	1.1			

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.	Freq.	Pct.	
1 No	19	95	100	96	44	98	167	96.5			
2 Yes	1	5	4	4	1	2	6	3.5			
Valid responses =	20	12	104	60	45	26	173	1.1			

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.	Freq.	Pct.	
1 No	17	85	88	85	42	93	150	86.7			
2 Yes	3	15	16	15	3	7	23	13.3			
Valid responses =	20	12	104	60	45	26	173	1.1			

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.	Freq.	Pct.	
1 No	20	100	96	93	44	98	164	95.3			
2 Yes	0	0	7	15	3	7	8	4.7			
Valid responses =	20	12	103	60	45	26	172	1.0			

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.	Freq.	Pct.	
1 No	18	95	83	81	36	80	141	82.5			
2 Yes	1	5	20	19	9	20	30	17.5			
Valid responses =	19	11	103	60	45	26	171	1.0			

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.	Freq.	Pct.	
1 No	7	39	33	33	15	37	56	34.6			
2 Yes	11	61	68	67	26	63	106	65.4			
Valid responses =	18	11	101	62	41	25	162	1.0			

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.	Freq.	Pct.	
1 No	3	100	58	87	18	82	81	86.2			
2 Yes	0	0	9	13	4	18	13	13.8			
Valid responses =	3	3	67	71	22	23	94	0.6			

Invalid responses include no response.



# AMERICAN COLLEGE HEALTH ASSOCIATION

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## UNDERGRADUATE STUDENTS

January 29, 2026

FREQUENCY REPORT

Number of Surveys (n) = 16410 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	3	100	64	99	21	96	90	97.8			
2 Yes	0	0	1	2	1	5	2	2.2			
Valid responses =	3	3	65	71	22	24	92	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	3	100	32	48	8	36	43	45.7			
2 Yes	0	0	35	52	14	64	51	54.3			
Valid responses =	3	3	67	71	22	23	94	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	3	100	65	100	21	96	91	98.9			
2 Yes	0	0	0	0	1	5	1	1.1			
Valid responses =	3	3	65	71	22	24	92	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	1	33	57	88	18	86	78	85.7			
2 Yes	2	67	8	12	3	14	13	14.3			
Valid responses =	3	3	65	71	21	23	91	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	67	36	62	11	55	50	61.0			
2 Yes	1	33	22	38	9	45	32	39.0			
Valid responses =	3	4	58	71	20	24	82	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	8	100	35	100	10	91	54	98.2			
2 Yes	0	0	0	0	1	9	1	1.8			
Valid responses =	8	15	35	64	11	20	55	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	8	100	36	100	10	91	55	98.2			
2 Yes	0	0	0	0	1	9	1	1.8			
Valid responses =	8	14	36	64	11	20	56	0.3			

Invalid responses include no response.



# AMERICAN COLLEGE HEALTH ASSOCIATION

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## UNDERGRADUATE STUDENTS

January 29, 2026

FREQUENCY REPORT

Number of Surveys (n) = 16410 Web Surveys

**65P3) Have you ever been diagnosed with any of the following ongoing or chronic respiratory system disorders?**

(only includes students that selected having an ongoing/chronic respiratory system disorders not listed above)

Active Tuberculous

	Cis Men			Cis Women			Trans/Gender Non-conforming			Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	
1 No	8	100	36	100	10	91	55	98.2			
2 Yes	0	0	0	0	1	9	1	1.8			
Valid responses =	8	14	36	64	11	20	56	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	5	63	19	61	5	56	30	61.2			
2 Yes	3	38	12	39	4	44	19	38.8			
Valid responses =	8	16	31	63	9	18	49	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	6	67	34	72	13	72	53	70.7			
2 Yes	3	33	13	28	5	28	22	29.3			
Valid responses =	9	12	47	63	18	24	75	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	7	78	33	70	13	72	54	72.0			
2 Yes	2	22	14	30	5	28	21	28.0			
Valid responses =	9	12	47	63	18	24	75	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	6	67	38	81	11	61	56	74.7			
2 Yes	3	33	9	19	7	39	19	25.3			
Valid responses =	9	12	47	63	18	24	75	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	6	67	37	79	15	83	59	78.7			
2 Yes	3	33	10	21	3	17	16	21.3			
Valid responses =	9	12	47	63	18	24	75	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	6	67	38	81	12	67	57	76.0			
2 Yes	3	33	9	19	6	33	18	24.0			
Valid responses =	9	12	47	63	18	24	75	0.5			

Invalid responses include no response.



# AMERICAN COLLEGE HEALTH ASSOCIATION

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## UNDERGRADUATE STUDENTS

January 29, 2026

FREQUENCY REPORT

Number of Surveys (n) = 16410 Web Surveys

65Q6) Have you ever been diagnosed with any of the following ongoing or chronic sleep-wake disorders?

(only includes students that selected having an ongoing/chronic sleep-wake disorders not listed above)

Sleep Walking

	Cis Men			Cis Women			Trans/Gender Non-conforming			Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	
1 No	9	100	41	89	13	72	64	86.5			
2 Yes	0	0	5	11	5	28	10	13.5			
Valid responses =	9	12	46	62	18	24	74	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.	Freq.	Pct.	
1 No	8	89	37	86	10	67	55	82.1			
2 Yes	1	11	6	14	5	33	12	17.9			
Valid responses =	9	13	43	64	15	22	67	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.	Freq.	Pct.	
1 No	5	83	16	89	4	80	25	86.2			
2 Yes	1	17	2	11	1	20	4	13.8			
Valid responses =	6	21	18	62	5	17	29	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.	Freq.	Pct.	
1 No	5	83	16	89	3	60	24	82.8			
2 Yes	1	17	2	11	2	40	5	17.2			
Valid responses =	6	21	18	62	5	17	29	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.	Freq.	Pct.	
1 No	5	83	16	89	3	60	24	82.8			
2 Yes	1	17	2	11	2	40	5	17.2			
Valid responses =	6	21	18	62	5	17	29	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.	Freq.	Pct.	
1 No	4	67	8	47	4	80	16	57.1			
2 Yes	2	33	9	53	1	20	12	42.9			
Valid responses =	6	21	17	61	5	18	28	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.	Freq.	Pct.	
1 No	3	75	11	65	4	80	18	69.2			
2 Yes	1	25	6	35	1	20	8	30.8			
Valid responses =	4	15	17	65	5	19	26	0.2			

Invalid responses include no response.



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January 29, 2026

FREQUENCY REPORT

Number of Surveys (n) = 16410 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	76	74	334	83	38	76	451	80.7
2 Yes	27	26	68	17	12	24	108	19.3
Valid responses =	103	18	402	72	50	9	559	3.4

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	72	72	342	85	45	90	461	82.9
2 Yes	28	28	60	15	5	10	95	17.1
Valid responses =	100	18	402	72	50	9	556	3.4

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	49	48	119	27	14	26	182	30.4
2 Yes	53	52	319	73	39	74	416	69.6
Valid responses =	102	17	438	73	53	9	598	3.6

Invalid responses include no response.

65S4) You indicated that you had been diagnosed with Diabetes or Pre-Diabetes. Were you told that you had:

(only includes students that have been diagnosed with Diabetes or Pre-Diabetes)

Gestational Diabetes

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	97	98	367	93	46	92	513	93.6
2 Yes	2	2	28	7	4	8	35	6.4
Valid responses =	99	18	395	72	50	9	548	3.3

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	738	66	1692	55	248	65	2702	58.2
2 Yes	384	34	1400	45	132	35	1937	41.8
Valid responses =	1122	24	3092	67	380	8	4639	28.3

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	293	39	447	27	91	20	842	28.8
2 Yes	457	61	1236	73	356	80	2079	71.2
Valid responses =	750	26	1683	58	447	15	2921	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	45	56	101	54	13	48	162	54.4
2 Yes	35	44	87	46	14	52	136	45.6
Valid responses =	80	27	188	63	27	9	298	1.8

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)

UNDERGRADUATE STUDENTS

January 29, 2026

FREQUENCY REPORT

Number of Surveys (n) = 16410 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	361	71	918	62	154	71	1454	65.0
2 Yes	150	29	566	38	63	29	784	35.0
Valid responses =	511	23	1484	66	217	10	2238	13.6

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	455	74	989	67	159	76	1622	69.4
2 Yes	160	26	498	34	50	24	715	30.6
Valid responses =	615	26	1487	64	209	9	2337	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	929	74	2085	65	345	77	3393	68.4
2 Yes	326	26	1125	35	103	23	1564	31.6
Valid responses =	1255	25	3210	65	448	9	4957	30.2

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	294	35	1085	25	201	25	1596	26.6
2 Yes	550	65	3212	75	591	75	4401	73.4
Valid responses =	844	14	4297	72	792	13	5997	36.5

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	449	69	929	55	158	66	1550	59.9
2 Yes	199	31	750	45	82	34	1038	40.1
Valid responses =	648	25	1679	65	240	9	2588	15.8

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	151	62	146	49	90	42	400	51.3
2 Yes	92	38	152	51	125	58	380	48.7
Valid responses =	243	31	298	38	215	28	780	4.8

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	30	34	75	26	21	27	128	27.6
2 Yes	59	66	212	74	58	73	336	72.4
Valid responses =	89	19	287	62	79	17	464	2.8

Invalid responses include no response.



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65T11) Have you had an appointment and/or discussion with a healthcare or mental health professional for the following condition(s) within the last 12 months?  
(only includes students that have been diagnosed with this condition)

Borderline Personality Disorder (BPD), Avoidant Personality, Dependent Personality, or another personality disorder

	Trans/Gender						Total	
	Cis Men		Cis Women		Non-conforming			
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 No	24	52	65	32	18	28	109 34.6	
2 Yes	22	48	136	68	46	72	206 65.4	
Valid responses =	46	15	201	64	64	20	315 1.9	

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	15	40	37	41	4	40	57 40.4	
2 Yes	23	61	54	59	6	60	84 59.6	
Valid responses =	38	27	91	65	10	7	141 0.9	

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	17	65	71	45	16	70	106 51.0	
2 Yes	9	35	86	55	7	30	102 49.0	
Valid responses =	26	13	157	75	23	11	208 1.3	

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	74	30	276	26	77	30	432 26.9	
2 Yes	170	70	804	74	180	70	1171 73.1	
Valid responses =	244	15	1080	67	257	16	1603 9.8	

Invalid responses include no response.

65T15) Have you had an appointment and/or discussion with a healthcare or mental health professional for the following condition(s) within the last 12 months?  
(only includes students that have been diagnosed with this condition)

Depression (for example: Major depression, persistent depressive disorder, disruptive mood disorder)

	Trans/Gender						Total	
	Cis Men		Cis Women		Non-conforming			
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 No	253	37	815	27	177	26	1258 28.2	
2 Yes	430	63	2227	73	508	74	3205 71.8	
Valid responses =	683	15	3042	68	685	15	4463 27.2	

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	39	36	131	29	22	39	193 31.0	
2 Yes	71	65	320	71	34	61	429 69.0	
Valid responses =	110	18	451	73	56	9	622 3.8	

Invalid responses include no response.

65T17) Have you had an appointment and/or discussion with a healthcare or mental health professional for the following condition(s) within the last 12 months?

(only includes students that have been diagnosed with this condition)

Eating Disorders (for example: Anorexia Nervosa, Bulimia Nervosa, Binge-Eating)

	Trans/Gender						Total	
	Cis Men		Cis Women		Non-conforming			
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 No	43	57	420	50	73	49	543 50.2	
2 Yes	32	43	423	50	77	51	539 49.8	
Valid responses =	75	7	843	78	150	14	1082 6.6	

Invalid responses include no response.



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65T18) Have you had an appointment and/or discussion with a healthcare or mental health professional for the following condition(s) within the last 12 months?  
(only includes students that have been diagnosed with this condition)

Endometriosis

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	8	89	93	32	14	41	119	34.6
2 Yes	1	11	202	69	20	59	225	65.4
Valid responses =	9	3	295	86	34	10	344	2.1

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	20	80	11	79	2	67	36	80.0
2 Yes	5	20	3	21	1	33	9	20.0
Valid responses =	25	56	14	31	3	7	45	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	10	71	45	51	4	67	61	55.0
2 Yes	4	29	44	49	2	33	50	45.0
Valid responses =	14	13	89	80	6	5	111	0.7

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	84	51	318	47	54	49	465	48.1
2 Yes	82	49	357	53	57	51	501	51.9
Valid responses =	166	17	675	70	111	11	966	5.9

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	48	50	119	38	19	32	189	39.9
2 Yes	48	50	193	62	41	68	285	60.1
Valid responses =	96	20	312	66	60	13	474	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	9	69	17	65	2	50	29	65.9
2 Yes	4	31	9	35	2	50	15	34.1
Valid responses =	13	30	26	59	4	9	44	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	78	38	93	32	18	34	192	34.2
2 Yes	129	62	201	68	35	66	369	65.8
Valid responses =	207	37	294	52	53	9	561	3.4

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	43	33	127	32	24	41	197	33.4
2 Yes	86	67	268	68	34	59	392	66.6
Valid responses =	129	22	395	67	58	10	589	3.6

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	8	53	11	85	4	80	26	72.2
2 Yes	7	47	2	15	1	20	10	27.8
Valid responses =	15	42	13	36	5	14	36	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	15	65	65	53	6	67	87	55.8
2 Yes	8	35	58	47	3	33	69	44.2
Valid responses =	23	15	123	79	9	6	156	1.0

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	80	44	319	41	100	49	509	42.5
2 Yes	104	57	468	60	106	52	688	57.5
Valid responses =	184	15	787	66	206	17	1197	7.3

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	58	54	257	41	42	49	360	43.4
2 Yes	50	46	370	59	43	51	470	56.6
Valid responses =	108	13	627	76	85	10	830	5.1

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	35	73	121	58.5	29	70.7	187	62.5
2 Yes	13	27	86	41.5	12	29.3	112	37.5
Valid responses =	48	16	207	69	41	14	299	1.8

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	191	60	688	40	126	54	1016	44.3
2 Yes	128	40	1030	60	107	46	1278	55.7
Valid responses =	319	14	1718	75	233	10	2294	14.0

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.
1 No	73	49	319	34	71	34	469	35.7
2 Yes	77	51	614	66	140	66	843	64.3
Valid responses =	150	11	933	71	211	16	1312	8.0

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.
1 No	6	86	138	25	33	43	183	28.3
2 Yes	1	14	416	75	43	57	463	71.7
Valid responses =	7	1	554	86	76	12	646	3.9

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.
1 No	61	33	316	31	74	28	456	30.8
2 Yes	124	67	697	69	187	72	1026	69.2
Valid responses =	185	12	1013	68	261	18	1482	9.0

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.
1 No	11	39	15	38	7	29	34	36.2
2 Yes	17	61	25	63	17	71	60	63.8
Valid responses =	28	30	40	43	24	26	94	0.6

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.
1 No	61	38	104	42	25	50	192	41.4
2 Yes	101	62	142	58	25	50	272	58.6
Valid responses =	162	35	246	53	50	11	464	2.8

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.
1 No	25	46	71	18	15	27	112	22.3
2 Yes	30	55	318	82	40	73	391	77.7
Valid responses =	55	11	389	77	55	11	503	3.1

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.
1 No	12	50	39	67	16	46	71	58.2
2 Yes	12	50	19	33	19	54	51	41.8
Valid responses =	24	20	58	48	35	29	122	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)

	Trans/Gender						Total
	Cis Men		Cis Women		Non-conforming		
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	
1 No	38	63	89	57	14	67	143 59.6
2 Yes	22	37	68	43	7	33	97 40.4
Valid responses =	60	25	157	65	21	9	240 1.5

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)

	Trans/Gender						Total
	Cis Men		Cis Women		Non-conforming		
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	
1 No	16	38	74	43	7	33	102 42.0
2 Yes	26	62	98	57	14	67	141 58.0
Valid responses =	42	17	172	71	21	9	243 1.5

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

	Trans/Gender						Total
	Cis Men		Cis Women		Non-conforming		
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	
1 No	99	62	295	41	81	41	483 43.8
2 Yes	62	39	433	60	117	59	619 56.2
Valid responses =	161	15	728	66	198	18	1102 6.7

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

	Trans/Gender						Total
	Cis Men		Cis Women		Non-conforming		
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	
1 No treatment	65	14	126	10	36	10	227 10.9
2 Medicine only	237	52	497	40	110	31	862 41.5
3 Therapy only	33	7	139	11	52	15	227 10.9
4 Both medicine and therapy	118	26	469	38	155	44	749 36.1
5 Other Treatment	4	1	4	0	3	1	12 0.6
Valid responses =	457	22	1235	59	356	17	2077 12.7

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

	Trans/Gender						Total
	Cis Men		Cis Women		Non-conforming		
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	
1 No treatment	8	23	21	24	1	7	30 22.1
2 Medicine only	2	6	2	2	0	0	4 2.9
3 Therapy only	13	37	38	44	7	50	58 42.6
4 Both medicine and therapy	10	29	18	21	5	36	33 24.3
5 Other Treatment	2	6	8	9	1	7	11 8.1
Valid responses =	35	26	87	64	14	10	136 0.8

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)

	Trans/Gender						Total
	Cis Men		Cis Women		Non-conforming		
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	
1 No treatment	62	11	280	9	36	6	380 8.6
2 Medicine only	147	27	764	24	111	19	1031 23.4
3 Therapy only	125	23	655	20	102	17	896 20.4
4 Both medicine and therapy	212	39	1499	47	339	57	2071 47.1
5 Other Treatment	3	1	13	0	3	1	19 0.4
Valid responses =	549	12	3211	73	591	13	4397 26.8

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

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### UNDERGRADUATE STUDENTS

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### FREQUENCY REPORT

Number of Surveys (n) = 16410 Web Surveys

#### 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	30	33	50	33	39	31	125	33.0
2 Medicine only	13	14	9	6	1	1	23	6.1
3 Therapy only	37	40	66	44	74	59	180	47.5
4 Both medicine and therapy	11	12	23	15	9	7	44	11.6
5 Other Treatment	1	1	3	2	2	2	7	1.8
Valid responses =	92	24	151	40	125	33	379	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	6	10	10	5	6	10	23	6.8
2 Medicine only	13	22	43	20	11	19	69	20.5
3 Therapy only	7	12	25	12	2	3	34	10.1
4 Both medicine and therapy	33	56	133	63	39	67	209	62.2
5 Other Treatment	0	0	1	1	0	0	1	0.3
Valid responses =	59	18	212	63	58	17	336	2.0

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	6	27	10	7	6	13	22	10.7
2 Medicine only	2	9	15	11	5	11	22	10.7
3 Therapy only	8	36	38	28	9	20	57	27.7
4 Both medicine and therapy	6	27	73	54	26	57	105	51.0
5 Other Treatment	0	0	0	0	0	0	0	0.0
Valid responses =	22	11	136	66	46	22	206	1.3

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	41	10	119	5	28	6	191	6.0
2 Medicine only	90	21	484	22	90	18	670	21.0
3 Therapy only	92	21	397	18	84	17	582	18.2
4 Both medicine and therapy	204	47	1212	55	304	60	1740	54.4
5 Other Treatment	3	1	11	1	1	0	15	0.5
Valid responses =	430	13	2223	70	507	16	3198	19.5

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	10	31	99	24	20	26	130	24.2
2 Medicine only	2	6	24	6	2	3	28	5.2
3 Therapy only	13	41	206	49	43	56	265	49.3
4 Both medicine and therapy	6	19	75	18	9	12	93	17.3
5 Other Treatment	1	3	18	4	3	4	22	4.1
Valid responses =	32	6	422	78	77	14	538	3.3

Invalid responses include no response.



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65U19) In the last 12 months, what treatment(s), if any, have you used for the following conditions?

(only includes students that have had an appointment/discussion with a healthcare/mental health professional for the condition within the last 12 months)

Gambling Disorder

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No treatment	3	60	1	33	0	0	4	44.4
2 Medicine only	0	0	0	0	1	100	1	11.1
3 Therapy only	1	20	2	67	0	0	3	33.3
4 Both medicine and therapy	1	20	0	0	0	0	1	11.1
5 Other Treatment	0	0	0	0	0	0	0	0.0
Valid responses =	5	56	3	33	1	11	9	0.1

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	24	23	118	25	19	18	163	23.8
2 Medicine only	44	42	174	37	48	45	268	39.1
3 Therapy only	12	12	47	10	15	14	76	11.1
4 Both medicine and therapy	22	21	117	25	23	22	165	24.1
5 Other Treatment	2	2	11	2	1	1	14	2.0
Valid responses =	104	15	467	68	106	15	686	4.2

Invalid responses include no response.

65U31) In the last 12 months, what treatment(s), if any, have you used for the following conditions?

(only includes students that have had an appointment/discussion with a healthcare/mental health professional for the condition within the last 12 months)

Obsessive-Compulsive and Related Conditions (for example: OCD, Body 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	9	12	76	12	14	10	99	11.8
2 Medicine only	8	10	84	14	14	10	108	12.8
3 Therapy only	28	36	173	28	43	31	248	29.5
4 Both medicine and therapy	32	42	276	45	69	49	382	45.4
5 Other Treatment	0	0	4	1	0	0	4	0.5
Valid responses =	77	9	613	73	140	17	841	5.1

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	11	9	59	9	14	8	85	8.3
2 Medicine only	10	8	49	7	16	9	78	7.6
3 Therapy only	50	40	307	44	71	38	434	42.4
4 Both medicine and therapy	51	41	277	40	86	46	421	41.1
5 Other Treatment	2	2	4	1	0	0	6	0.6
Valid responses =	124	12	696	68	187	18	1024	6.2

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	6	3	12	0	0	4	6.7
2 Medicine only	3	18	4	16	3	18	11	18.3
3 Therapy only	1	6	3	12	5	29	9	15.0
4 Both medicine and therapy	11	65	15	60	9	53	35	58.3
5 Other Treatment	1	6	0	0	0	0	1	1.7
Valid responses =	17	28	25	42	17	28	60	0.4

Invalid responses include no response.



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65U37) In the last 12 months, what treatment(s), if any, have you used for the following conditions?

(only includes students that have had an appointment/discussion with a healthcare/mental health professional for the condition within the last 12 months)

Tourette's or other neurodevelopmental condition not already listed

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No treatment	4	33	6	32	4	21	15	29.4
2 Medicine only	3	25	8	42	4	21	15	29.4
3 Therapy only	1	8	4	21	5	26	10	19.6
4 Both medicine and therapy	3	25	1	5	6	32	10	19.6
5 Other Treatment	1	8	0	0	0	0	1	2.0
Valid responses =	12	24	19	37	19	37	51	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	7	32	15	22	0	0	22	22.9
2 Medicine only	4	18	10	15	1	17	15	15.6
3 Therapy only	3	14	13	19	3	50	19	19.8
4 Both medicine and therapy	6	27	22	32	2	33	30	31.3
5 Other Treatment	2	9	8	12	0	0	10	10.4
Valid responses =	22	23	68	71	6	6	96	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	51	13	200	14	33	25	290	15.0
2 Yes	332	87	1194	86	99	75	1640	85.0
Valid responses =	383	20	1394	72	132	7	1930	11.8

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	51	34	235	42	27	43	314	40.3
2 Yes	98	66	327	58	36	57	465	59.7
Valid responses =	149	19	562	72	63	8	779	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	46	29	156	32	16	32	219	30.8
2 Yes	113	71	339	69	34	68	491	69.2
Valid responses =	159	22	495	70	50	7	710	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	88	27	305	27	30	29	426	27.4
2 Yes	238	73	813	73	73	71	1131	72.6
Valid responses =	326	21	1118	72	103	7	1557	9.5

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	39	20	97	13	15	18	152	14.7
2 Yes	159	80	650	87	67	82	882	85.3
Valid responses =	198	19	747	72	82	8	1034	6.3

Invalid responses include no response.



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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	48	19	35	3	50	34	40.5
2 Yes	12	52	35	65	3	50	50	59.5
Valid responses =	23	27	54	64	6	7	84	0.5

Invalid responses include no response.

65W13) Have you received treatment for the following condition(s) by a healthcare or mental health professional within the last 12 months?

(only includes students that have had an appointment/discussion with a healthcare/mental health professional for the condition within the last 12 months)

Celiac disease

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	4	44	34	40	5	71	43	42.2
2 Yes	5	56	52	61	2	29	59	57.8
Valid responses =	9	9	86	84	7	7	102	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	25	15	173	22	46	26	249	21.3
2 Yes	145	85	631	79	134	74	921	78.7
Valid responses =	170	15	804	69	180	15	1170	7.1

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	10	14	80	25	5	15	95	22.2
2 Yes	61	86	240	75	28	85	332	77.8
Valid responses =	71	17	320	75	33	8	427	2.6

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	64	32	4	20	69	30.7
2 Yes	1	100	138	68	16	80	156	69.3
Valid responses =	1	0	202	90	20	9	225	1.4

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	1	25	6	14	1	50	8	16.0
2 Yes	3	75	38	86	1	50	42	84.0
Valid responses =	4	8	44	88	2	4	50	0.3

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	18	22	60	17	15	26	95	19.0
2 Yes	64	78	297	83	42	74	406	81.0
Valid responses =	82	16	357	71	57	11	501	3.1

Invalid responses include no response.



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**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	18	38	60	31	16	39	95 33.5
2 Yes	30	63	132	69	25	61	189 66.5
Valid responses =	48	17	192	68	41	14	284 1.7

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	50	2	22	0	0	4 26.7
2 Yes	2	50	7	78	2	100	11 73.3
Valid responses =	4	27	9	60	2	13	15 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	43	33	44	22	9	26	96 26.0
2 Yes	86	67	157	78	26	74	273 74.0
Valid responses =	129	35	201	54	35	9	369 2.2

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	35	41	114	43	21	62	172 43.9
2 Yes	51	59	154	58	13	38	220 56.1
Valid responses =	86	22	268	68	34	9	392 2.4

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	14	0	0	1	100	2 20.0
2 Yes	6	86	2	100	0	0	8 80.0
Valid responses =	7	70	2	20	1	10	10 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	1	13	22	38	2	67	25 36.2
2 Yes	7	88	36	62	1	33	44 63.8
Valid responses =	8	12	58	84	3	4	69 0.4

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	14	29	116	31	15	35	146 31.2
2 Yes	35	71	253	69	28	65	322 68.8
Valid responses =	49	10	369	79	43	9	468 2.9

Invalid responses include no response.



# AMERICAN COLLEGE HEALTH ASSOCIATION

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## UNDERGRADUATE STUDENTS

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FREQUENCY REPORT

Number of Surveys (n) = 16410 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	38	30	235	23	29	27	304	23.8
2 Yes	90	70	792	77	78	73	971	76.2
Valid responses =	128	10	1027	81	107	8	1275	7.8

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	100	24	7	16	107	23.2
2 Yes	1	100	315	76	36	84	355	76.8
Valid responses =	1	0	415	90	43	9	462	2.8

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	30	30	36	25	9	36	76	27.9
2 Yes	71	70	106	75	16	64	196	72.1
Valid responses =	101	37	142	52	25	9	272	1.7

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	1	3	60	19	10	26	72	18.5
2 Yes	29	97	257	81	29	74	317	81.5
Valid responses =	30	8	317	81	39	10	389	2.4

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	4	15	13	13	3	21	20	14.2
2 Yes	22	85	85	87	11	79	121	85.8
Valid responses =	26	18	98	70	14	10	141	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	31	61	114	59	22	69	170	60.1
2 Yes	20	39	80	41	10	31	113	39.9
Valid responses =	51	18	194	69	32	11	283	1.7

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	38	59	84	67	29	81	151	66.8
2 Yes	27	42	41	33	7	19	75	33.2
Valid responses =	65	29	125	55	36	16	226	1.4

Invalid responses include no response.



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FREQUENCY REPORT

Number of Surveys (n) = 16410 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	6	75	13	62	1	100	20	66.7
2 Yes	2	25	8	38	0	0	10	33.3
Valid responses =	8	27	21	70	1	3	30	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	25	49	134	58	14	52	173	55.8
2 Yes	26	51	97	42	13	48	137	44.2
Valid responses =	51	16	231	75	27	9	310	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	27	59	79	51	6	38	112	51.6
2 Yes	19	41	75	49	10	63	105	48.4
Valid responses =	46	21	154	71	16	7	217	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	47	56	156	52	12	41	216	52.0
2 Yes	37	44	143	48	17	59	199	48.0
Valid responses =	84	20	299	72	29	7	415	2.5

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	42	68	186	67	25	69	254	67.2
2 Yes	20	32	92	33	11	31	124	32.8
Valid responses =	62	16	278	74	36	10	378	2.3

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	20	51	57	61	8	53	86	57.7
2 Yes	19	49	37	39	7	47	63	42.3
Valid responses =	39	26	94	63	15	10	149	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	18	60	26	52	21	54	69	55.6
2 Yes	12	40	24	48	18	46	55	44.4
Valid responses =	30	24	50	40	39	31	124	0.8

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)

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	5	83	6	60	5	83	16	69.6
2 Yes	1	17	4	40	1	17	7	30.4
Valid responses =	6	26	10	43	6	26	23	0.1

Invalid responses include no response.

65X11) Did a healthcare or mental health professional tell you that you do not need treatment, or that you can stop treatment, for the following conditions?

(only includes students that have had an appointment/discussion, but have not received treatment for the condition within the last 12 months)

Borderline Personality Disorder (BPD), Avoidant Personality, Dependent Personality, or another personality disorder

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	6	100	9	90	5	83	20	90.9
2 Yes	0	0	1	10	1	17	2	9.1
Valid responses =	6	27	10	45	6	27	22	0.1

Invalid responses include no response.

65X12) Did a healthcare or mental health professional tell you that you do not need treatment, or that you can stop treatment, for the following conditions?

(only includes students that have had an appointment/discussion, but have not received treatment for the condition within the last 12 months)

Cancer

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	4	40	5	26	1	33	10	30.3
2 Yes	6	60	14	74	2	67	23	69.7
Valid responses =	10	30	19	58	3	9	33	0.2

Invalid responses include no response.

65X13) Did a healthcare or mental health professional tell you that you do not need treatment, or that you can stop treatment, for the following conditions?

(only includes students that have had an appointment/discussion, but have not received treatment for the condition within the last 12 months)

Celiac disease

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	3	75	22	65	3	60	28	65.1
2 Yes	1	25	12	35	2	40	15	34.9
Valid responses =	4	9	34	79	5	12	43	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)

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	19	79	127	74	37	80	187	76.0
2 Yes	5	21	44	26	9	20	59	24.0
Valid responses =	24	10	171	70	46	19	246	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)

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	27	66	93	78	22	82	144	76.2
2 Yes	14	34	26	22	5	19	45	23.8
Valid responses =	41	22	119	63	27	14	189	1.2

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

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	4	40	46	58	3	60	53	55.8
2 Yes	6	60	34	43	2	40	42	44.2
Valid responses =	10	11	80	84	5	5	95	0.6

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	60	64	65	10	50	80	61.5
2 Yes	4	40	35	35	10	50	50	38.5
Valid responses =	10	8	99	76	20	15	130	0.8

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	44	69	3	75	47	68.1
2 Yes	0	0	20	31	1	25	22	31.9
Valid responses =	0	0	64	93	4	6	69	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	0	0	2	33	0	0	2	25.0
2 Yes	1	100	4	67	1	100	6	75.0
Valid responses =	1	13	6	75	1	13	8	0.0

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	10	56	33	56	10	67	55	58.5
2 Yes	8	44	26	44	5	33	39	41.5
Valid responses =	18	19	59	63	15	16	94	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	7	39	21	36	8	50	37	39.4
2 Yes	11	61	38	64	8	50	57	60.6
Valid responses =	18	19	59	63	16	17	94	0.6

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	50	0	0	2	50.0
2 Yes	1	50	1	50	0	0	2	50.0
Valid responses =	2	50	2	50	0	0	4	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	22	52	20	48	8	89	50	53.8
2 Yes	20	48	22	52	1	11	43	46.2
Valid responses =	42	45	42	45	9	10	93	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	10	29	43	39	11	52	64	37.9
2 Yes	25	71	68	61	10	48	105	62.1
Valid responses =	35	21	111	66	21	12	169	1.0

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	0	0	1	100	1	50.0
2 Yes	1	100	0	0	0	0	1	50.0
Valid responses =	1	50	0	0	1	50	2	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	100	7	32	1	50	9	36.0
2 Yes	0	0	15	68	1	50	16	64.0
Valid responses =	1	4	22	88	2	8	25	0.2

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	19	83	80	68	15	79	114	71.3
2 Yes	4	17	37	32	4	21	46	28.8
Valid responses =	23	14	117	73	19	12	160	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	8	57	80	70	12	80	101	70.1
2 Yes	6	43	34	30	3	20	43	29.9
Valid responses =	14	10	114	79	15	10	144	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	22	58	148	64	20	69	191	63.5
2 Yes	16	42	84	36	9	31	110	36.5
Valid responses =	38	13	232	77	29	10	301	1.8

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)

## UNDERGRADUATE STUDENTS

January 29, 2026

FREQUENCY REPORT

Number of Surveys (n) = 16410 Web Surveys

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	3	33	48	63	12	86	63 63.6
2 Yes	6	67	28	37	2	14	36 36.4
Valid responses =	9	9	76	77	14	14	99 0.6

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	60	61	4	57	64 61.0
2 Yes	0	0	38	39	3	43	41 39.0
Valid responses =	0	0	98	93	7	7	105 0.6

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	7	64	44	75	13	93	64 76.2
2 Yes	4	36	15	25	1	7	20 23.8
Valid responses =	11	13	59	70	14	17	84 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	2	67	0	0	3 75.0
2 Yes	0	0	1	33	0	0	1 25.0
Valid responses =	1	25	3	75	0	0	4 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	19	63	25	69	6	67	51 67.1
2 Yes	11	37	11	31	3	33	25 32.9
Valid responses =	30	39	36	47	9	12	76 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	1	100	28	48	4	40	33 46.5
2 Yes	0	0	31	53	6	60	38 53.5
Valid responses =	1	1	59	83	10	14	71 0.4

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

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## UNDERGRADUATE STUDENTS

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FREQUENCY REPORT

Number of Surveys (n) = 16410 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	3	43	6	40	0	0	9	40.9
2 Yes	4	57	9	60	0	0	13	59.1
Valid responses =	7	32	15	68	0	0	22	0.1

Invalid responses include no response.

65X39) Did a healthcare or mental health professional tell you that you do not need treatment, or that you can stop treatment, for the following conditions?

(only includes students that have had an appointment/discussion, but have not received treatment for the condition within the last 12 months)

Urinary system disorder (for example: bladder or kidney disease, urinary reflux, interstitial cystitis)

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	1	25	6	46	2	67	9	45.0
2 Yes	3	75	7	54	1	33	11	55.0
Valid responses =	4	20	13	65	3	15	20	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	2303	73	4836	60	452	41	7643	61.4
2 Negatively impacted performance in a class	712	23	2731	34	534	48	4037	32.4
3 Delayed progress towards degree	151	5	482	6	121	11	766	6.2
Valid responses =	3166	25	8049	65	1107	9	12446	75.8

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	4595	97	9872	97	1195	95	15791	96.9
2 Did not affect academic performance	117	3	211	2	50	4	387	2.4
3 Negatively impacted performance in a class	16	0	57	1	14	1	90	0.6
4 Delayed progress towards degree	1	0	20	0	4	0	28	0.2
Valid responses =	4729	29	10160	62	1263	8	16296	99.3

Invalid responses include no response.

66B) Within the last 12 months, have any of the following affected your academic performance?

Assault (sexual)

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Did not experience this issue	4631	98	9472	93	1135	90	15368	94.4
2 Did not affect academic performance	73	2	494	5	81	6	656	4.0
3 Negatively impacted performance in a class	14	0	154	2	37	3	208	1.3
4 Delayed progress towards degree	5	0	30	0	8	1	46	0.3
Valid responses =	4723	29	10150	62	1261	8	16278	99.2

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	3153	67	6128	61	708	56	10076	62.0
2 Did not affect academic performance	1444	31	3637	36	511	41	5636	34.7
3 Negatively impacted performance in a class	123	3	336	3	42	3	506	3.1
4 Delayed progress towards degree	7	0	25	0	0	0	35	0.2
Valid responses =	4727	29	10126	62	1261	8	16253	99.0

Invalid responses include no response.



# AMERICAN COLLEGE HEALTH ASSOCIATION

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### UNDERGRADUATE STUDENTS

January 29, 2026

### FREQUENCY REPORT

Number of Surveys (n) = 16410 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	2351	50	2732	27	200	16	5325	32.7
2 Did not affect academic performance	1422	30	3872	38	456	36	5788	35.6
3 Negatively impacted performance in a class	851	18	3194	32	527	42	4623	28.4
4 Delayed progress towards degree	102	2	352	4	78	6	541	3.3
Valid responses =	4726	29	10150	62	1261	8	16277	99.2

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	3732	79	7776	77	701	56	12296	75.6
2 Did not affect academic performance	408	9	846	8	154	12	1416	8.7
3 Negatively impacted performance in a class	509	11	1269	13	333	26	2148	13.2
4 Delayed progress towards degree	79	2	239	2	73	6	397	2.4
Valid responses =	4728	29	10130	62	1261	8	16257	99.1

Invalid responses include no response.

#### 66F) Within the last 12 months, have any of the following affected your academic performance?

##### Concussion or Traumatic Brain Injury (TBI)

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Did not experience this issue	4552	96	9660	95	1218	96	15560	95.6
2 Did not affect academic performance	111	2	242	2	21	2	381	2.3
3 Negatively impacted performance in a class	56	1	200	2	17	1	276	1.7
4 Delayed progress towards degree	7	0	38	0	7	1	54	0.3
Valid responses =	4726	29	10140	62	1263	8	16271	99.2

Invalid responses include no response.

#### 66S) Within the last 12 months, have any of the following affected your academic performance?

##### COVID-19

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Did not experience this issue	4344	92	9127	90	1097	87	14695	90.3
2 Did not affect academic performance	292	6	703	7	103	8	1107	6.8
3 Negatively impacted performance in a class	79	2	282	3	56	4	420	2.6
4 Delayed progress towards degree	11	0	31	0	4	0	48	0.3
Valid responses =	4726	29	10143	62	1260	8	16270	99.1

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	3412	72	5969	59	380	30	9827	60.5
2 Did not affect academic performance	592	13	1855	18	339	27	2808	17.3
3 Negatively impacted performance in a class	600	13	1964	19	441	35	3048	18.8
4 Delayed progress towards degree	118	3	348	3	101	8	573	3.5
Valid responses =	4722	29	10136	62	1261	8	16256	99.1

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	4419	94	8265	82	901	72	13694	84.3
2 Did not affect academic performance	233	5	1437	14	283	22	1975	12.2
3 Negatively impacted performance in a class	55	1	366	4	71	6	500	3.1
4 Delayed progress towards degree	11	0	51	1	6	1	70	0.4
Valid responses =	4718	29	10119	62	1261	8	16239	99.0

Invalid responses include no response.



# AMERICAN COLLEGE HEALTH ASSOCIATION

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UNDERGRADUATE STUDENTS

January 29, 2026

FREQUENCY REPORT

Number of Surveys (n) = 16410 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	3569	76	5880	58	666	53	10199	62.8
2 Did not affect academic performance	874	19	2774	27	391	31	4065	25.0
3 Negatively impacted performance in a class	253	5	1382	14	185	15	1844	11.3
4 Delayed progress towards degree	19	0	97	1	19	2	140	0.9
Valid responses =	4715	29	10133	62	1261	8	16248	99.0

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	4145	88	8413	83	1042	83	13720	84.6
2 Did not affect academic performance	399	9	1087	11	141	11	1637	10.1
3 Negatively impacted performance in a class	166	4	568	6	72	6	814	5.0
4 Delayed progress towards degree	4	0	38	0	5	0	49	0.3
Valid responses =	4714	29	10106	62	1260	8	16220	98.8

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	4141	88	8948	88	1100	87	14312	88.1
2 Did not affect academic performance	473	10	903	9	106	8	1487	9.2
3 Negatively impacted performance in a class	90	2	237	2	45	4	382	2.4
4 Delayed progress towards degree	13	0	41	0	9	1	65	0.4
Valid responses =	4717	29	10129	62	1260	8	16246	99.0

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	4687	100	5889	58	759	60	11437	70.4
2 Did not affect academic performance	20	0	3029	30	323	26	3395	20.9
3 Negatively impacted performance in a class	3	0	1158	11	169	13	1343	8.3
4 Delayed progress towards degree	1	0	66	1	9	1	79	0.5
Valid responses =	4711	29	10142	62	1260	8	16254	99.0

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	4520	96	9101	90	985	78	14717	90.6
2 Did not affect academic performance	122	3	632	6	151	12	920	5.7
3 Negatively impacted performance in a class	59	1	313	3	101	8	484	3.0
4 Delayed progress towards degree	19	0	70	1	25	2	118	0.7
Valid responses =	4720	29	10116	62	1262	8	16239	99.0

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	4047	86	8058	80	962	77	13179	81.1
2 Did not affect academic performance	493	10	1422	14	185	15	2118	13.0
3 Negatively impacted performance in a class	170	4	611	6	108	9	894	5.5
4 Delayed progress towards degree	8	0	36	0	3	0	50	0.3
Valid responses =	4718	29	10127	62	1258	8	16241	99.0

Invalid responses include no response.



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### FREQUENCY REPORT

Number of Surveys (n) = 16410 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	3563	76	6372	63	753	60	10781	66.3
2 Did not affect academic performance	850	18	2638	26	341	27	3856	23.7
3 Negatively impacted performance in a class	292	6	1072	11	160	13	1542	9.5
4 Delayed progress towards degree	10	0	51	1	6	1	70	0.4
Valid responses =	4715	29	10133	62	1260	8	16249	99.0

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	2584	55	4695	46	371	29	7710	47.4
2 Did not affect academic performance	1160	25	2976	29	416	33	4584	28.2
3 Negatively impacted performance in a class	906	19	2290	23	438	35	3675	22.6
4 Delayed progress towards degree	73	2	176	2	35	3	292	1.8
Valid responses =	4723	29	10137	62	1260	8	16261	99.1

Invalid responses include no response.

#### 66Q) Within the last 12 months, have any of the following affected your academic performance?

Stress

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Did not experience this issue	1532	32	1622	16	102	8	3286	20.2
2 Did not affect academic performance	1815	38	4217	42	425	34	6494	39.9
3 Negatively impacted performance in a class	1238	26	3850	38	651	52	5804	35.7
4 Delayed progress towards degree	143	3	446	4	83	7	682	4.2
Valid responses =	4728	29	10135	62	1261	8	16266	99.1

Invalid responses include no response.

#### 66R) Within the last 12 months, have any of the following affected your academic performance?

Other issue not previously reported

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Did not experience this issue	3870	99	7757	98	911	94	12629	98.0
2 Did not affect academic performance	21	1	44	1	13	1	80	0.6
3 Negatively impacted performance in a class	21	1	62	1	38	4	125	1.0
4 Delayed progress towards degree	8	0	35	0	10	1	55	0.4
Valid responses =	3920	30	7898	61	972	8	12889	78.5

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	10212	100	1011	80	11306	69.1
2 Male	4751	100	0	0	249	20	5038	30.8
3 Intersex	1	0	1	0	7	1	9	0.1
Valid responses =	4752	29	10213	62	1267	8	16353	99.7

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	4752	100	10213	100	440	35	15484	94.8
2 Yes	0	0	0	0	827	65	850	5.2
Valid responses =	4752	29	10213	63	1267	8	16334	99.5

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	10213	100	127	10	10362	63.4
2 Man or male	4752	100	0	0	106	8	4871	29.8
3 Trans woman	0	0	0	0	72	6	72	0.4
4 Trans man	0	0	0	0	185	15	185	1.1
5 Genderqueer	0	0	0	0	142	11	143	0.9
6 My identity is not listed	0	0	0	0	0	0	62	0.4
7 Agender	0	0	0	0	92	7	93	0.6
8 Genderfluid	0	0	0	0	130	10	130	0.8
9 Non-binary	0	0	0	0	411	32	416	2.5
10 Intersex	0	0	0	0	2	0	2	0.0
Valid responses =	4752	29	10213	63	1267	8	16336	99.5

Invalid responses include no response.



# AMERICAN COLLEGE HEALTH ASSOCIATION

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Reference Group Data Report - Fall 2025

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(410) 859-1500

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

## UNDERGRADUATE STUDENTS

January 29, 2026

### FREQUENCY REPORT

Number of Surveys (n) = 16410 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	50	1	183	2	154	12	397	2.4
2 Bisexual	287	6	1598	16	282	22	2193	13.5
3 Gay	187	4	12	0	76	6	275	1.7
4 Lesbian	1	0	447	4	144	11	603	3.7
5 Pansexual	51	1	284	3	161	13	501	3.1
6 Queer	14	0	240	2	266	21	532	3.3
7 Questioning	89	2	261	3	36	3	392	2.4
9 Straight/Heterosexual	4043	85	7089	70	118	9	11298	69.4
10 My identity not listed above	12	0	43	0	30	2	95	0.6
Valid responses =	4734	29	10157	62	1267	8	16286	99.2

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	1186	25	2542	25	323	26	4083	25.1
2 19 Years	983	21	2099	21	276	22	3387	20.8
3 20 Years	824	17	1775	18	212	17	2838	17.4
4 21 Years	659	14	1556	15	187	15	2431	14.9
5 22 Years	300	6	527	5	81	6	916	5.6
6 23 Years	141	3	229	2	43	3	418	2.6
7 24 Years	88	2	130	1	27	2	246	1.5
8 25 Years	66	1	113	1	23	2	204	1.3
9 26 to 30 Years	191	4	389	4	44	4	630	3.9
10 31 to 40 Years	166	4	438	4	33	3	640	3.9
11 41 or More Years	126	3	342	3	8	1	480	2.9
Valid responses =	4730	29	10140	62	1257	8	16273	99.2

Invalid responses include no response.

	Mean	Median	Std Dev	Min	Max
Cis Men	21.44	20.00	6.14	18	74
Cis Women	21.65	20.00	6.52	18	98
Trans/Gender Non-conforming	20.68	20.00	4.14	18	67
Overall	21.51	20.00	6.26	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	13	0	325	3	45	4	384	2.4
2 101 to 150 Pounds	1208	26	6002	61	605	50	7893	49.5
3 151 to 200 Pounds	2396	51	2677	27	358	30	5463	34.3
4 201 to 250 Pounds	792	17	656	7	146	12	1613	10.1
5 251 to 300 Pounds	195	4	198	2	37	3	436	2.7
6 301 or More Pounds	78	2	60	1	14	1	152	1.0
Valid responses =	4682	29	9918	62	1205	8	15941	97.1

Invalid responses include no response.

	Mean	Median	Std Dev	Min	Max
Cis Men	180.19	173.00	42.52	51	450
Cis Women	150.17	140.00	39.52	62	500
Trans/Gender Non-conforming	159.82	150.00	46.71	71	419
Overall	159.81	150.00	43.18	51	500



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## UNDERGRADUATE STUDENTS

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### FREQUENCY REPORT

Number of Surveys (n) = 16410 Web Surveys

#### 72) What is your year in school?

	Cis Men		Cis Women		Trans/Gender		Total	
	Freq.	Pct.	Freq.	Pct.	Non-conforming	Freq.	Pct.	
1 1st year undergraduate	1684	35	3285	32	454	36	5482	33.4
2 2nd year undergraduate	1086	23	2579	25	297	23	4009	24.4
3 3rd year undergraduate	998	21	2185	21	242	19	3465	21.1
4 4th year undergraduate	762	16	1759	17	189	15	2736	16.7
5 5th year or more undergraduate	222	5	405	4	85	7	718	4.4
6 Master's (MA, MS, etc.)	0	0	0	0	0	0	0	0.0
7 Doctorate (PhD, EdD, MD, JD, etc.)	0	0	0	0	0	0	0	0.0
8 Not seeking a degree	0	0	0	0	0	0	0	0.0
9 Other (please specify):	0	0	0	0	0	0	0	0.0
Valid responses =	4752	29	10213	62	1267	8	16410	100.0

Invalid responses include no response.

#### 73) What is your enrollment status?

	Cis Men		Cis Women		Trans/Gender		Total	
	Freq.	Pct.	Freq.	Pct.	Non-conforming	Freq.	Pct.	
1 Full-time	4329	92	9200	91	1116	88	14787	90.7
2 Part-time	363	8	908	9	137	11	1419	8.7
3 Other	35	1	55	1	9	1	103	0.6
Valid responses =	4727	29	10163	62	1262	8	16309	99.4

Invalid responses include no response.

#### 73A) I am taking classes this term:

	Cis Men		Cis Women		Trans/Gender		Total	
	Freq.	Pct.	Freq.	Pct.	Non-conforming	Freq.	Pct.	
1 Entirely in-person	3101	65	5859	58	797	63	9853	60.2
2 Entirely online	258	5	893	9	77	6	1239	7.6
3 A mix of in-person and online classes	1380	29	3438	34	392	31	5262	32.2
Valid responses =	4739	29	10190	62	1266	8	16354	99.7

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		Total	
	Freq.	Pct.	Freq.	Pct.	Non-conforming	Freq.	Pct.	
1 Very likely	174	4	423	4	47	4	653	4.0
2 Moderately likely	143	3	303	3	45	4	500	3.1
3 Slightly likely	290	6	662	7	87	7	1046	6.4
4 Slightly unlikely	244	5	447	4	68	5	769	4.7
5 Moderately unlikely	604	13	1170	12	175	14	1968	12.0
6 Very unlikely	3286	69	7184	71	843	67	11411	69.8
Valid responses =	4741	29	10189	62	1265	8	16347	99.6

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		Total	
	Freq.	Pct.	Freq.	Pct.	Non-conforming	Freq.	Pct.	
1 Very likely	96	2	166	1.6	23	1.8	292	1.8
2 Moderately likely	63	1.3	126	1.2	21	1.7	210	1.3
3 Slightly likely	151	3	247	2	49	4	454	2.8
4 Slightly unlikely	144	3	266	2.6	40	3.2	460	2.8
5 Moderately unlikely	383	8.1	663	6.5	164	13	1230	7.5
6 Very unlikely	3897	82	8706	86	968	77	13674	83.8
Valid responses =	4734	29	10174	62	1265	8	16320	99.5

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		Total	
	Freq.	Pct.	Freq.	Pct.	Non-conforming	Freq.	Pct.	
1 No	636	83.7	1310	80.5	166	71.9	2133	80.6
2 Yes	124	16.3	317	19.5	65	28.1	514	19.4
Valid responses =	760	29	1627	61	231	9	2647	16.1

Invalid responses include no response.



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UNDERGRADUATE STUDENTS

January 29, 2026

FREQUENCY REPORT

Number of Surveys (n) = 16410 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	492	64.7	968	59.5	128	55.4	1604	60.5
2 Yes	269	35.3	660	40.5	103	44.6	1046	39.5
Valid responses =	761	29	1628	61	231	9	2650	16.1

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	679	89.2	1376	84.8	209	90.5	2287	86.5
2 Yes	82	10.8	247	15.2	22	9.5	358	13.5
Valid responses =	761	29	1623	61	231	9	2645	16.1

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	640	84.5	1275	78.5	184	80	2119	80.2
2 Yes	117	15.5	349	21.5	46	20	522	19.8
Valid responses =	757	29	1624	61	230	9	2641	16.1

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	603	79.4	1172	72.3	120	52.2	1908	72.3
2 Yes	156	20.6	449	27.7	110	47.8	731	27.7
Valid responses =	759	29	1621	61	230	9	2639	16.1

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	416	54.8	871	53.7	116	50.2	1413	53.5
2 Yes	343	45.2	751	46.3	115	49.8	1229	46.5
Valid responses =	759	29	1622	61	231	9	2642	16.1

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	607	80.3	1328	81.9	168	72.7	2125	80.6
2 Yes	149	19.7	294	18.1	63	27.3	512	19.4
Valid responses =	756	29	1622	62	231	9	2637	16.1

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	588	77.7	1237	76.4	172	74.5	2017	76.5
2 Yes	169	22.3	383	23.6	59	25.5	620	23.5
Valid responses =	757	29	1620	61	231	9	2637	16.1

Invalid responses include no response.



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## UNDERGRADUATE STUDENTS

January 29, 2026

FREQUENCY REPORT

Number of Surveys (n) = 16410 Web Surveys

### 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	576	76.2	1112	68.6	150	64.9	1857	70.5
2 Yes	180	23.8	508	31.4	81	35.1	777	29.5
Valid responses =	756	29	1620	62	231	9	2634	16.1

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	536	87.4	1089	90	136	84.5	1772	88.4
2 Yes	77	12.6	128	11	25	15.5	232	11.6
Valid responses =	613	31	1217	61	161	8	2004	12.2

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	425	9	891	9	94	7.4	1431	8.8
2 Yes	4295	91	9260	91	1168	92.6	14864	91.2
Valid responses =	4720	29	10151	62	1262	8	16295	99.3

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	3535	83	7616	84	1037	91	12296	84.3
2 Yes	710	17	1460	16	106	9	2294	15.7
Valid responses =	4245	29	9076	62	1143	8	14590	88.9

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	344	82.3	766	87.5	73	80.2	1201	85.5
2 Yes	74	17.7	109	12.5	18	19.8	204	14.5
Valid responses =	418	30	875	62	91	6	1405	8.6

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	4614	97	9877	97	1222	96	15883	96.8
1 Selected	138	3	336	3	45	4	527	3.2
Valid responses =	4752	29	10213	62	1267	8	16410	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	4239	89	9146	90	1149	91	14690	89.5
1 Selected	513	11	1067	10	118	9	1720	10.5
Valid responses =	4752	29	10213	62	1267	8	16410	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	4452	94	9516	93	1207	95	15343	93.5
1 Selected	300	6	697	7	60	5	1067	6.5
Valid responses =	4752	29	10213	62	1267	8	16410	100.0

Invalid responses include no response.



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## UNDERGRADUATE STUDENTS

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FREQUENCY REPORT

Number of Surveys (n) = 16410 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	4087	86	8530	84	1097	87	13863	84.5
1 Selected	665	14	1683	17	170	13	2547	15.5
Valid responses =	4752	29	10213	62	1267	8	16410	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	4692	99	10095	99	1252	99	16215	98.8
1 Selected	60	1	118	1	15	1	195	1.2
Valid responses =	4752	29	10213	62	1267	8	16410	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	4728	100	10157	100	1263	100	16324	99.5
1 Selected	24	1	56	1	4	0	86	0.5
Valid responses =	4752	29	10213	62	1267	8	16410	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	1228	26	2815	28	219	17	4342	26.5
1 Selected	3524	74	7398	72	1048	83	12068	73.5
Valid responses =	4752	29	10213	62	1267	8	16410	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	4584	97	9738	95	1160	92	15649	95.4
1 Selected	168	4	475	5	107	8	761	4.6
Valid responses =	4752	29	10213	62	1267	8	16410	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	4677	98	10095	99	1251	99	16197	98.7
1 Selected	75	2	118	1	16	1	213	1.3
Valid responses =	4752	29	10213	62	1267	8	16410	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	232	35	584	35	71	42	900	35.3
1 Selected	433	65	1099	65	99	58	1647	64.7
Valid responses =	665	26	1683	66	170	7	2547	15.5

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	614	92	1527	91	141	83	2305	90.5
1 Selected	51	8	156	9	29	17	242	9.5
Valid responses =	665	26	1683	66	170	7	2547	15.5

Invalid responses include no response.



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

## UNDERGRADUATE STUDENTS

January 29, 2026

FREQUENCY REPORT

Number of Surveys (n) = 16410 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	644	97	1642	98	165	97	2477	97.3
1 Selected	21	3	41	2	5	3	70	2.7
Valid responses =	665	26	1683	66	170	7	2547	15.5

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	469	71	1187	71	123	72	1802	70.7
1 Selected	196	30	496	30	47	28	745	29.3
Valid responses =	665	26	1683	66	170	7	2547	15.5

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	289	56	541	51	49	42	891	51.8
1 Selected	224	44	526	49	69	59	829	48.2
Valid responses =	513	30	1067	62	118	7	1720	10.5

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	348	68	764	72	83	70	1210	70.3
1 Selected	165	32	303	28	35	30	510	29.7
Valid responses =	513	30	1067	62	118	7	1720	10.5

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	390	76	826	77	102	86	1336	77.7
1 Selected	123	24	241	23	16	14	384	22.3
Valid responses =	513	30	1067	62	118	7	1720	10.5

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	390	76	826	77	102	86	1336	77.7
1 Selected	123	24	241	23	16	14	384	22.3
Valid responses =	513	30	1067	62	118	7	1720	10.5

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	2908	61	5355	53	708	56	9057	55.4
2 In relationship not married/partnered	1536	32	4037	40	497	39	6127	37.5
3 Married/partnered	300	6	797	8	60	5	1168	7.1
Valid responses =	4744	29	10189	62	1265	8	16352	99.6

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	4503	95	9420	92	1233	98	15306	93.6
2 Yes	241	5	771	8	32	3	1049	6.4
Valid responses =	4744	29	10191	62	1265	8	16355	99.7

Invalid responses include no response.



## 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	4668	99	10038	99	1255	99	16113	98.6
2 Yes	73	2	144	1	9	1	229	1.4
Valid responses =	4741	29	10182	62	1264	8	16342	99.6

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	2392	51	4819	48	658	52	7950	49.3
2 Parent/guardian/other family member's home	979	21	2166	22	314	25	3501	21.7
3 Off-campus/non-university housing	1211	26	2845	28	264	21	4351	27.0
4 Temporarily with relative, friend, couch surfing	33	1	55	1	10	1	99	0.6
5 Don't have a place to live	8	0	6	0	1	0	16	0.1
6 Other (please specify)	53	1	155	2	10	1	220	1.4
Valid responses =	4676	29	10046	62	1257	8	16137	98.3

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	4314	90.8	9414	92.2	1178	93	15074	91.9
1 Selected	438	9.2	799	7.8	89	7	1336	8.1
Valid responses =	4752	29	10213	62	1267	8	16410	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	1484	31.2	3271	32	356	28.1	5190	31.6
1 Selected	3268	68.8	6942	68	911	71.9	11220	68.4
Valid responses =	4752	29	10213	62	1267	8	16410	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	4518	95.1	9536	93.4	1211	95.6	15440	94.1
1 Selected	234	4.9	677	6.6	56	4.4	970	5.9
Valid responses =	4752	29	10213	62	1267	8	16410	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	4199	88.4	8828	86.4	1068	84.3	14252	86.8
1 Selected	553	11.6	1385	13.6	199	15.7	2158	13.2
Valid responses =	4752	29	10213	62	1267	8	16410	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	4696	98.8	10100	98.9	1255	99.1	16227	98.9
1 Selected	56	1.2	113	1.1	12	0.9	183	1.1
Valid responses =	4752	29	10213	62	1267	8	16410	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	4749	99.9	10203	99.9	1264	99.8	16394	99.9
1 Selected	3	0.1	10	0.1	3	0.2	16	0.1
Valid responses =	4752	29	10213	62	1267	8	16410	100.0

Invalid responses include no response.



# AMERICAN COLLEGE HEALTH ASSOCIATION

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### 79\_10) What is your primary source of health insurance? (select all that apply)

I have health insurance through another source (please specify)

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
0 Not Selected	4699	98.9	10036	98.3	1253	98.9	16164	98.5
1 Selected	53	1.1	177	1.7	14	1.1	246	1.5
Valid responses =	4752	29	10213	62	1267	8	16410	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

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
0 Not Selected	4602	96.8	9951	97.4	1240	97.9	15967	97.3
1 Selected	150	3.2	262	2.6	27	2.1	443	2.7
Valid responses =	4752	29	10213	62	1267	8	16410	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

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
0 Not Selected	4604	96.9	9853	96.5	1224	96.6	15849	96.6
1 Selected	148	3.1	360	3.5	43	3.4	561	3.4
Valid responses =	4752	29	10213	62	1267	8	16410	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

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
0 Not Selected	4622	97.3	10052	98.4	1250	98.7	16098	98.1
1 Selected	130	2.7	161	1.6	17	1.3	312	1.9
Valid responses =	4752	29	10213	62	1267	8	16410	100.0

Invalid responses include no response.

### 80) What is your approximate cumulative grade average?

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 A+	458	10	924	9	91	7	1486	9.1
2 A	1225	26	3150	31	315	25	4721	29.0
3 A-	973	21	2006	20	224	18	3237	19.9
4 B+	663	14	1378	14	175	14	2236	13.7
5 B	599	13	1214	12	172	14	2002	12.3
6 B-	270	6	466	5	67	5	810	5.0
7 C+	155	3	275	3	56	4	496	3.0
8 C	144	3	221	2	47	4	418	2.6
9 C-	49	1	67	1	14	1	131	0.8
10 D+	13	0	32	0	6	1	52	0.3
11 D	9	0	25	0	6	1	40	0.2
12 D-	3	0	6	0	4	0	13	0.1
13 F	12	0	6	0	7	1	27	0.2
14 N/A	154	3	366	4	76	6	604	3.7
Valid responses =	4727	29	10136	62	1260	8	16273	99.2

Invalid responses include no response.

### 81A) Do you participate in organized college athletics at any of the following levels?

Varsity

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	4196	90	9362	93	1229	98	14919	92.4
2 Yes	463	10	722	7	29	2	1223	7.6
Valid responses =	4659	29	10084	62	1258	8	16142	98.4

Invalid responses include no response.

### 81B) Do you participate in organized college athletics at any of the following levels?

Club Sports

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	3897	84	9055	90	1154	92	14232	88.3
2 Yes	765	16	997	10	104	8	1881	11.7
Valid responses =	4662	29	10052	62	1258	8	16113	98.2

Invalid responses include no response.



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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	3674	79	9055	90	1201	96	14062	87.5
2 Yes	978	21	977	10	55	4	2018	12.5
Valid responses =	4652	29	10032	62	1256	8	16080	98.0

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	3840	81	8238	81	747	59	12917	79.5
2 Yes	875	19	1895	19	516	41	3329	20.5
Valid responses =	4715	29	10133	62	1263	8	16246	99.0

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	4406	94	9764	97	934	74	15211	93.8
2 Yes	298	6	355	4	324	26	1005	6.2
Valid responses =	4704	29	10119	62	1258	8	16216	98.8

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	4548	97	9894	98	1208	96	15777	97.3
2 Yes	154	3	221	2	53	4	438	2.7
Valid responses =	4702	29	10115	62	1261	8	16215	98.8

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	4429	94	9409	93	1057	84	15001	92.6
2 Yes	268	6	709	7	201	16	1207	7.4
Valid responses =	4697	29	10118	62	1258	8	16208	98.8

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	4616	98	9865	98	1138	91	15739	97.2
2 Yes	84	2	237	2	120	10	459	2.8
Valid responses =	4700	29	10102	62	1258	8	16198	98.7

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	4519	96	9619	95	1182	94	15441	95.4
2 Yes	171	4	486	5	78	6	750	4.6
Valid responses =	4690	29	10105	62	1260	8	16191	98.7

Invalid responses include no response.



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### 82G) Do you have any of the following?

Speech or language disorder

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	4610	98	10003	99	1212	96	15953	98.5
2 Yes	92	2	103	1	47	4	250	1.5
Valid responses =	4702	29	10106	62	1259	8	16203	98.7

Invalid responses include no response.

### 83) Are you currently or have you been a member of the Armed Services?

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	4524	96	10022	99	1251	99	15936	97.8
2 Yes, have served in area of hazardous duty	88	2	52	1	10	1	154	0.9
3 Yes, have not served in area hazardous duty	112	2	91	1	6	1	211	1.3
Valid responses =	4724	29	10165	62	1267	8	16301	99.3

Invalid responses include no response.

### 84) What is the highest level of education completed by either of your parents (or guardians)?

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Did not finish high school	166	4	507	5	38	3	713	4.4
2 High school diploma or GED	963	20	2103	21	202	16	3299	20.2
3 Attended college but no degree	389	8	1026	10	146	12	1581	9.7
4 Associate's degree	334	7	950	9	97	8	1392	8.5
5 Bachelor's degree	1295	27	2493	25	334	26	4154	25.5
6 Master's degree	1034	22	2038	20	283	22	3385	20.8
7 Doctoral or professional degree (PhD, EdD, MD, JD, etc.)	429	9	881	9	126	10	1449	8.9
8 Don't know	114	2	166	2	39	3	324	2.0
Valid responses =	4724	29	10164	62	1265	8	16297	99.3

Invalid responses include no response.

### 85) Are you a parent of a child under the age of 18 or do you have primary responsibility for someone else's child/children under the age of 18?

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	4533	96	9430	93	1223	97	15322	94.2
2 Yes	176	4	718	7	38	3	937	5.8
Valid responses =	4709	29	10148	62	1261	8	16259	99.1

Invalid responses include no response.

### HT\_INCH Height in Inches

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 36 or Less Inches	0	0	0	0	0	0	0	0.0
2 37 to 48 Inches	0	0	1	0	0	0	1	0.0
3 49 to 60 Inches	4	0	675	7	69	6	756	4.7
4 61 to 72 Inches	3484	74	9327	93	1121	90	14054	87.3
5 73 to 84 Inches	1191	25	37	0	49	4	1289	8.0
6 85 or More Inches	3	0	2	0	1	0	6	0.0
Valid responses =	4682	29	10042	62	1240	8	16106	98.1

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	0.05	0.02	0.06	0	0.49
Cis Women	0.05	0.03	0.06	0	0.46
Trans/Gender Non-conforming	0.03	0.02	0.05	0	0.30
Overall	0.05	0.03	0.06	0	0.49



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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	884	38	1679	31	268	44	2852	33.7
1.01 to .05% Alcohol	796	34	2126	39	220	36	3152	37.2
2.06 to .07% Alcohol	163	7	455	8	39	6	659	7.8
3.08 to .09% Alcohol	127	6	349	6	27	4	507	6.0
4.10 to .15% Alcohol	212	9	592	11	48	8	855	10.1
5.16 to .20% Alcohol	69	3	172	3	6	1	249	2.9
6.21 to .25% Alcohol	34	2	62	1	4	1	101	1.2
7.26 to .30% Alcohol	10	0	30	1	3	1	43	0.5
8.31 to .49% Alcohol	19	1	27	1	0	0	46	0.5
Valid responses =	2314	27	5492	65	615	7	8464	51.6

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%	1843	80	4260	78	527	86	6663	78.7
1.08% or higher	471	20	1232	22	88	14	1801	21.3
Valid responses =	2314	27	5492	65	615	7	8464	51.6

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%	1970	85	4609	84	554	90	7170	84.7
1.1% or higher	344	15	883	16	61	10	1294	15.3
Valid responses =	2314	27	5492	65	615	7	8464	51.6

Invalid responses include no response.

## BMI Body Mass Index

	Mean	Median	Std Dev	Min	Max
Cis Men	25.38	24.00	5.47	7	63
Cis Women	25.26	24.00	6.29	8	72
Trans/Gender Non-conforming	25.99	24.00	7.03	12	62
Overall	25.35	24.00	6.13	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)	195	4	570	6	98	8	869	5.5
2 Desired weight (18.5- 24.9)	2390	51	5454	55	558	47	8474	53.5
3 Overweight (25- 29.9)	1305	28	2067	21	270	23	3670	23.2
4 Class I obesity (30- 34.9)	480	10	996	10	128	11	1620	10.2
5 Class II obesity (35- 39.9)	188	4	419	4	95	8	709	4.5
6 Class III obesity (>=40)	92	2	345	4	50	4	493	3.1
Valid responses =	4650	29	9851	62	1199	8	15835	96.5

Invalid responses include no response.

## USDAFI USDA Food Security Score

	Mean	Median	Std Dev	Min	Max
Cis Men	1.55	0.00	2.04	0	6
Cis Women	1.88	1.00	2.17	0	6
Trans/Gender Non-conforming	2.19	1.00	2.3	0	6
Overall	1.81	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)	684	15	1893	19	301	24	2918	18.0
2 Low food security (2-4)	988	21	2468	24	299	24	3798	23.4
3 High or marginal food security (0-1)	3021	64	5746	57	651	52	9496	58.6
Valid responses =	4693	29	10107	62	1251	8	16212	98.8

Invalid responses include no response.



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FREQUENCY REPORT

Number of Surveys (n) = 16410 Web Surveys

## KESSLER6 Kessler 6 (K6) Non-Specific Psychological Distress Score

	Mean	Median	Std Dev	Min	Max
Cis Men	7.25	6.00	5.08	0	24
Cis Women	8.58	8.00	5.08	0	24
Trans/Gender Non-conforming	11.48	12.00	5.18	0	24
Overall	8.43	8.00	5.21	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)	3994	85	7905	78	744	59	12749	78.7
3 Serious psychological distress (13-24)	702	15	2196	22	512	41	3460	21.3
Valid responses =	4696	29	10101	62	1256	8	16209	98.8

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	5.36	5.00	1.85	3	9
Trans/Gender Non-conforming	6.05	6.00	1.85	3	9
Overall	5.39	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)	2605	55	5313	52	465	37	8436	51.7
2 Positive for loneliness (6-9)	2132	45	4843	48	797	63	7878	48.3
Valid responses =	4737	29	10156	62	1262	8	16314	99.4

Invalid responses include no response.

## SBQR Suicide Behavior Questionnaire-Revised (SBQR) Screening Score

	Mean	Median	Std Dev	Min	Max
Cis Men	5.06	3.00	2.95	3	18
Cis Women	5.27	4.00	3.06	3	18
Trans/Gender Non-conforming	8.32	8.00	3.76	3	18
Overall	5.45	4.00	3.21	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)	3614	77	7404	73	447	36	11548	71.1
2 Positive for suicidal screening (7-18)	1113	24	2716	27	806	64	4697	28.9
Valid responses =	4727	29	10120	62	1253	8	16245	99.0

Invalid responses include no response.

## DIENER Diener Flourishing Score

	Mean	Median	Std Dev	Min	Max
Cis Men	44.41	46.00	8.76	8	56
Cis Women	45.52	47.00	7.9	8	56
Trans/Gender Non-conforming	40.47	42.00	9.19	8	56
Overall	44.75	47.00	8.41	8	56

## CDRISC2 Connor-Davidson Resilience Scale 2 (CD-RISC2) Score

	Mean	Median	Std Dev	Min	Max
Cis Men	6.16	6.00	1.51	0	8
Cis Women	5.87	6.00	1.49	0	8
Trans/Gender Non-conforming	5.40	5.00	1.64	0	8
Overall	5.91	6.00	1.52	0	8

## SSISTOBACCO ASSIST SSIS TOBACCO SCORE

	Mean	Median	Std Dev	Min	Max
Cis Men	8.12	5.00	8.06	0	31
Cis Women	8.66	6.00	8.59	0	31
Trans/Gender Non-conforming	8.55	6.00	8.76	0	31
Overall	8.49	6.00	8.46	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)	557	44	1230	43	134	43	1938	43.0
2 Moderate Risk (4-26)	679	54	1546	54	167	54	2409	53.5
3 High Risk (27-39)	34	3	111	4	10	3	156	3.5
Valid responses =	1270	28	2887	64	311	7	4503	27.4

Invalid responses include no response.



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FREQUENCY REPORT

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## SSISALCOHOL ASSIST SSIS ALCOHOL SCORE

	Mean	Median	Std Dev	Min	Max
Cis Men	6.35	4.00	6	0	39
Cis Women	6.45	5.00	5.74	0	39
Trans/Gender Non-conforming	5.80	5.00	5.76	0	36
Overall	6.38	5.00	5.82	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)	2126	84	5010	84	630	87	7823	83.9
2 Moderate Risk (11-26)	370	15	892	15	81	11	1354	14.5
3 High Risk (27-39)	47	2	78	1	14	2	142	1.5
Valid responses =	2543	27	5980	64	725	8	9319	56.8

Invalid responses include no response.

## SSISCANNABIS ASSIST SSIS CANNABIS SCORE

	Mean	Median	Std Dev	Min	Max
Cis Men	6.85	3.00	8.32	0	39
Cis Women	6.02	3.00	7.33	0	39
Trans/Gender Non-conforming	7.84	6.00	8.39	0	38
Overall	6.42	3.00	7.72	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)	698	51	1775	52	213	40	2705	50.4
2 Moderate Risk (4-26)	599	44	1556	45	290	55	2463	45.9
3 High Risk (27-39)	65	5	106	3	25	5	197	3.7
Valid responses =	1362	25	3437	64	528	10	5365	32.7

Invalid responses include no response.

## SSISCOCAINE ASSIST SSIS COCAINE SCORE

	Mean	Median	Std Dev	Min	Max
Cis Men	2.84	0.00	4.97	0	33
Cis Women	2.87	0.00	5.1	0	36
Trans/Gender Non-conforming	4.94	2.00	7.82	0	28
Overall	3.05	0.00	5.37	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)	117	74	262	76	22	69	403	74.8
2 Moderate Risk (4-26)	40	25	78	23	9	28	129	23.9
3 High Risk (27-39)	2	1	3	1	1	3	7	1.3
Valid responses =	159	29	343	64	32	6	539	3.3

Invalid responses include no response.

## SSISMETH ASSIST SSIS METHAMPHETAMINE SCORE

	Mean	Median	Std Dev	Min	Max
Cis Men	4.39	1.00	7.52	0	30
Cis Women	3.47	3.00	4.76	0	30
Trans/Gender Non-conforming	10.50	5.00	13.22	0	31
Overall	4.27	3.00	6.79	0	31

## 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)	36	67	68	62	5	50	110	62.9
2 Moderate Risk (4-26)	15	28	40	37	2	20	57	32.6
3 High Risk (27-39)	3	6	1	1	3	30	8	4.6
Valid responses =	54	31	109	62	10	6	175	1.1

Invalid responses include no response.

## SSISINHALANT ASSIST SSIS INHALANTS SCORE

	Mean	Median	Std Dev	Min	Max
Cis Men	2.19	0.00	3.98	0	29
Cis Women	2.58	2.00	4.53	0	39
Trans/Gender Non-conforming	2.08	0.00	5.15	0	29
Overall	2.46	2.00	4.56	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)	128	83	224	77	52	87	407	79.6
2 Moderate Risk (4-26)	25	16	63	22	6	10	97	19.0
3 High Risk (27-39)	1	1	3	1	2	3	7	1.4
Valid responses =	154	30	290	57	60	12	511	3.1

Invalid responses include no response.



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## SSISRXSTIMULANT ASSIST SSIS ADJUSTED PRESCRIPTION STIMULANT SCORE

	Mean	Median	Std Dev	Min	Max
Cis Men	2.39	0.00	4.79	0	30
Cis Women	2.16	0.00	4.87	0	35
Trans/Gender Non-conforming	4.38	1.00	7.84	0	34
Overall	2.45	0.00	5.21	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)	217	79	392	82	39	67	651	79.7
2 Moderate Risk (4-26)	55	20	79	17	16	28	153	18.7
3 High Risk (27-39)	3	1	6	1	3	5	13	1.6
Valid responses =	275	34	477	58	58	7	817	5.0

Invalid responses include no response.

## SSISSEDATIVE ASSIST SSIS ADJUSTED SEDATIVE SCORE

	Mean	Median	Std Dev	Min	Max
Cis Men	2.76	0.00	5.22	0	31
Cis Women	3.28	0.00	5.58	0	34
Trans/Gender Non-conforming	4.58	0.00	8.92	0	32
Overall	3.31	0.00	5.96	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)	113	75	222	70	37	74	374	71.6
2 Moderate Risk (4-26)	35	23	89	28	9	18	136	26.1
3 High Risk (27-39)	2	1	5	2	4	8	12	2.3
Valid responses =	150	29	316	61	50	10	522	3.2

Invalid responses include no response.

## SSISHALLUCINOGEN ASSIST SSIS HALLUCINOGENS SCORE

	Mean	Median	Std Dev	Min	Max
Cis Men	2.05	0.00	3.43	0	26
Cis Women	1.65	0.00	3.3	0	30
Trans/Gender Non-conforming	2.88	0.00	5.9	0	30
Overall	1.94	0.00	3.78	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)	316	82	526	86	95	79	944	83.3
2 Moderate Risk (4-26)	71	18	86	14	22	18	183	16.2
3 High Risk (27-39)	0	0	2	0	3	3	6	0.5
Valid responses =	387	34	614	54	120	11	1133	6.9

Invalid responses include no response.

## SSISHEROIN ASSIST SSIS HEROIN SCORE

	Mean	Median	Std Dev	Min	Max
Cis Men	6.30	6.00	8.97	0	31
Cis Women	4.92	6.00	6.19	0	31
Trans/Gender Non-conforming	15.17	15.00	13.67	0	30
Overall	6.36	6.00	8.43	0	31

## 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)	13	48	22	44	2	33	37	44.0
2 Moderate Risk (4-26)	11	41	27	54	2	33	40	47.6
3 High Risk (27-39)	3	11	1	2	2	33	7	8.3
Valid responses =	27	32	50	60	6	7	84	0.5

Invalid responses include no response.

## SSISRXOPIOID ASSIST SSIS ADJUSTED PRESCRIPTION OPIOID SCORE

	Mean	Median	Std Dev	Min	Max
Cis Men	2.68	0.00	5.42	0	31
Cis Women	2.32	0.00	4.53	0	29
Trans/Gender Non-conforming	3.30	3.00	5.37	0	26
Overall	2.58	0.00	5.04	0	31

## 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)	95	75	185	79	31	78	314	77.3
2 Moderate Risk (4-26)	29	23	47	20	9	23	85	20.9
3 High Risk (27-39)	3	2	3	1	0	0	7	1.7
Valid responses =	127	31	235	58	40	10	406	2.5

Invalid responses include no response.



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## SSISOTHER ASSIST SSIS OTHER DRUG SCORE

	Mean	Median	Std Dev	Min	Max
Cis Men	6.64	3.00	8.75	0	33
Cis Women	7.72	6.00	8.93	0	30
Trans/Gender Non-conforming	5.89	4.00	6.52	0	28
Overall	7.18	4.00	8.62	0	33

## 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)	32	58	27	45	9	50	68	50.0
2 Moderate Risk (4-26)	20	36	28	47	8	44	58	42.6
3 High Risk (27-39)	3	6	5	8	1	6	10	7.4
Valid responses =	55	40	60	44	18	13	136	0.8

Invalid responses include no response.

## PATOTALMOD Total moderate activity minutes/week conversion

	Mean	Median	Std Dev	Min	Max
Cis Men	604.95	390.00	745.28	0	11040
Cis Women	484.09	260.00	715.65	0	11000
Trans/Gender Non-conforming	398.26	210.00	626.99	0	10800
Overall	512.31	300.00	720.56	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	1009	22	3220	32	475	38	4764	29.8
2 Yes	3657	78	6714	68	762	62	11223	70.2
Valid responses =	4666	29	9934	62	1237	8	15987	97.4

Invalid responses include no response.

## PAGUIDE Met Weekly PA Guideline for Aerobic and Muscle-Strengthening Activity

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	2142	46	6237	63	950	77	9433	59.0
2 Yes	2524	54	3693	37	287	23	6550	41.0
Valid responses =	4666	29	9930	62	1237	8	15983	97.4

Invalid responses include no response.

## HAPAGUIDE Met Weekly PA Guideline for HIGHLY ACTIVE Adults

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	2526	54	6974	70	1026	83	10638	66.6
2 Yes	2140	46	2956	30	211	17	5345	33.4
Valid responses =	4666	29	9930	62	1237	8	15983	97.4

Invalid responses include no response.

## References

<sup>1</sup> Connor KM, Davidson JTR. Development of a new resilience scale: The Connor-Davidson Resilience Scale (CDRISC). Depression and Anxiety. 2003; 18:76-82.